

Stress & Exams provided by the Wellness Centre

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Busting Through the Barriers of Stress



EXAM STRESS

Its exam time and stress levels are high. **Stress can be positive, helping you to stay motivated and focused. 3**

Too much stress and you can feel overwhelmed confused, exhausted edgy.

Try to keep things in perspective and find ways of reducing stress if things seem to be getting on top of you.

What is stress? The uncomfortable gap between how we would like our life to be & how it actually is.

Anxiety & Fear

"Where will it all end?"

Frustration & Depression

"Nothing seems to work!"

Anger

"Who is responsible for this situation?"

Anxiety "How much more can I take?"

Frustration & Depression

"I feel helpless to stop this!"

Helplessness & Depression

"No-one seems to care!"

Believe in yourself. If you are well prepared for your exams you should do fine. No need to worry excessively.

Don't try to be perfect. It's great to succeed. Keep things in balance. If you think less than A+ is a failure then you are creating unnecessary stress.

Do your best & recognise that none of us can be perfect all of the time. We are here to learn!

Take steps to overcome problems. If you find you do not understand some course material, see your course instructor or get help from your class mates.

Let your feelings out. Confide in someone you trust and who will be supportive can reduce stress & worry.

Keep things in perspective.

Exams are important but you have done this before and will

do it again!!

Helpful Hints for Studying !!

****Study in an environment free of distractions.**

****Form study groups only if they work well for you.**

****Be aware of your peak studying times.**

****Relax at times when you normally wouldn't concentrate.**

****Confirm all your exam times and locations before the exam period begins.**



Quick Relaxation

**** Loosen your clothing and get comfortable.**

**** Tighten the muscles in your toes. Hold for a count of 10.**

**** Relax and enjoy the sensation of release from tension.**

**** Flex the muscles in your feet. Hold for a count of 10. Relax.**

**** Move slowly up through your body- legs, abdomen, back, neck, face- contracting and relaxing muscles as you go.**

**** Breathe deeply and slowly.**
<http://wso.williams.edu>

What is Stress?

stress is a frustrated 'fight or flight' response. Basic human survival when we could best respond to dangers by fighting or fleeing.

Stress behaviour and emotions are sometimes seen as a problem. Stress is

- a powerful internal message to raise awareness & motivate
- a source of energy, although the raw emotional and physical energies may have to be change to a more useful form before they are useful.

www.stresscounselling.co.uk

"Stress Builders & Stress Busters"

Stress Builder: "I'll never get this project in on time."

Stress Buster: "If I stay focused and take it one step at a time, I'll make steady progress."

Stress Builder: "My instructor seems grumpy. I'll get a bad evaluation."

Stress Buster: "I'm jumping to conclusions. My instructor may have been in a bad mood. So far all my evaluations have been positive, so unless I get some negative feedback, I'll assume my instructor is pleased with my work."

Stress Builder: "I can't get my mistake on page 53 out of my mind. The paper is ruined. I have disappointed everyone."

Stress Buster: "No one is perfect. I did my best. I'm overreacting to one mistake when the overall report is fine."





Checklist of Stress Reducers

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www.glasbergen.com

Lifestyle insulators

- *Good balanced diet.
- *7-8 hrs of sleep a night.
- *Exercise to the point of perspiration at least twice a week.
- *Consume little caffeine or alcohol
- *Do something just for fun at least once a week.
- *Do not smoke.
- *Physically healthy.
- *Do not take drugs

Personal and interpersonal insulators

- *I speak openly about my feelings when angry or worried.
- *I have at least one friend or family member in whom I can confide in.
- *I have a network of friends and acquaintances with whom to socialize.
- *I have at least one relationship in my life in which I freely give and receive affection.
- *I have time, at least once a week, to spend by myself "doing nothing" or doing something just for me.
- *I manage my time well.

- *I do not procrastinate and leave everything until the last minute pressure forces me to get to work.
- *The key relationship in my life is basically happy and satisfying.
- *My partner (or other key support person) is supportive of my goals and aspirations.
- *I set reasonable goals for myself.
- *I know people have similar stresses and I talk with them about how things are going.
- *I deal with interpersonal conflicts directly for example, by talking to the person



"Unless we receive the outstanding balance within ten days, we will have no choice but to destroy your credit rating, ruin your reputation, and make you wish you were never born. If you have already sent the seven cents, please disregard this notice."



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HOW TO HANDLE STRESS..... *Laughter is key!*

- ***Dance naked in front of your pets.
- ***Bill your doctor for the time you spent in his waiting room.
- *** When someone says "Have a nice day!" tell them you have other plans.
- ***Look right into the security camera, and use it as a mirror while you pick your nose.
- ***Go into the dressing room and yell real

- loud..."Hey, were out of toilet paper in here!"
- ***Hide in the clothing racks and when people browse through, say things like "Pick me!! Pick me!!" ***
- Take up an entire aisle in Toys by setting up a full scale battlefield with G.I. Joes vs. the X-Men.
- *** In the auto department, practice your "Madonna" look with various funnels.
- *** Dart around suspi-

- ciously while humming the theme from "Mission Impossible."
- *** Switch the men's and women's signs on the doors of the restroom.
- *****For entertainment purposes only*****
- Tune your roommates alarm radio to a polka station; then turn it off and turn the volume to "10."



25 Ways to Reduce Stress!



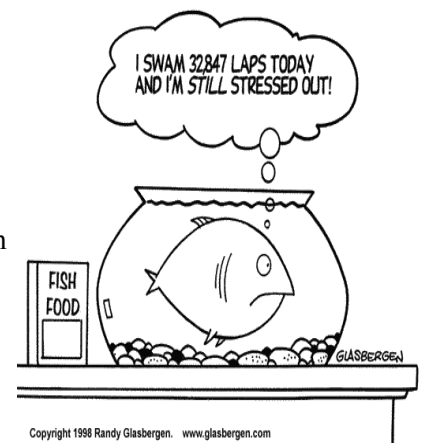
1. Take a break.
2. Be cheerful.
3. Go for a walk.
4. Take frequent, short vacations.
5. Eat a balanced diet.
6. Exercise vigorously at least 3 times a week.
7. Get more sleep than you are currently getting.
8. Laugh! Don't take yourself T©© seriously.
9. Get a hobby. Do something for the fun of it.
10. Allow pleasant thoughts to run through your mind.
11. Allow time for the unexpected.
12. Say "no".
13. Stop smoking.
14. Leave early enough so you do not have to rush.
15. Reduce your intake of caffeine.
16. Set aside some time to be quiet every day.
17. Treat others with respect.
18. Treat yourself with respect.
19. Seek the help and advice of the people you trust.
20. Develop a support group.
21. Become aware of tense muscles and relax them.
22. Add some variety to your life. Do something different.
23. Keep in touch with friends and relatives.
24. Reduce your consumption of alcohol.
25. Learn to give and accept compliments.

Wellness Newsletter brought to you by: Fourth Year Social Work Student, *Lisa Coriale*.

Resources– The following are websites used for this article.

- www.isma.org
- www.reachout.com
- www.unwind.com
- www.glasbergen.com
- www.homestead.com
- www.upei.ca
- www.members.com
- www.stressrelease.com

TRU Wellness Centre
We are now located at the New Residence Rm 111.
828-5010
TRU Counselling:
828-5023



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