



3 TIPS TO STOP THE EXAM STRESS CYCLE

Tips provided by your  keep.meSAFE student support program.

1

Create a study plan before exams.

Outline all of your exam dates, then divide your available time into study sessions for each subject. This way, you're not cramming all your studying into one stressful session. Instead, spread it out over multiple manageable periods.

2

Take breaks during study sessions.

While it may sound wrong, taking regular breaks can actually improve your concentration when studying! Try this technique: study for 25 minutes, then take a 5-minute break. Do something totally unrelated to work to give your brain a rest.

3

Practice relaxation techniques.

Mindfulness can help break the exam stress cycle by helping you stay focused on the present moment. Try simple exercises like deep breathing or muscle contraction. Regular practice can reduce anxiety and improve your focus and memory.

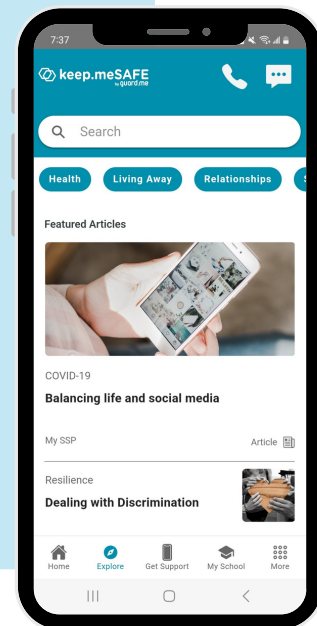
Manage your exam stress using the Anxiety Hub.



The Anxiety Hub is specifically designed to provide supportive resources for managing anxiety.

Learn how to stop the stress cycle and explore helpful articles, read expert advice, and engage with strategies to reduce anxiety.

It's a helpful tool to use during stressful periods like exams!



Like these tips?

Get more just like these in the **keep.meSAFE Student Support** app.

45% of students say they experience "more than average" stress levels.
(Source: American College Health Association, 2021)

Don't suffer in silence, explore our resources to manage anxiety. Reach out for support at **1.844.451.9700** or chat with a counsellor through the app.

download the **TELUS Health Student Support** app

