



## Mind Space Tips for Dealing with Exam Stress

*please also download the 'Tips for Guiding a Mindfulness Relaxation' to help you with this.*

As a method to help manage and reduce stress around exam time try to establish a habit of sitting quietly for at least 5 minutes per day.

Here is a 5 minute Mindful Breathing Technique & a 15 Minute Mindfulness Relaxation Exercise you can download. Sit in the same position to do this relaxation that you will use in the exam.

Research has shown that thoughts and emotions respond to physical posture.

After a few days of sitting & relaxing for 5 mins per day, the posture you use will become an anchor and relaxation will start to become an automatic response.

Ask yourself: *'What would happen if I stopped worrying and learned to relax?'*  
Perhaps I would enjoy studying even more...

Try to set a positive intention for studying and look forward to success.

Get into the habit of setting a daily intention each morning by simply sitting quietly for a few minutes, relaxing and deciding how you want to feel about the day ahead and how you will structure your study time.

Sometimes playing music to help focus your mind as you study helps to keep a calm, relaxed approach. Try this music we have composed for study here.

Worrying is the process of imagining the worst and creates the emotion of anxiety. Take time to imagine success, ask yourself: *'what will I feel as I find out I have been successful?'*  
*'How will I feel as I realize I can answer the questions in the exam paper?'*

Use your imagination to create confident feelings on a daily basis....

Be mindful that having the determination to go through with the exam is a great success in itself.

Try to get enough sleep during your revision times and while your exams are taking place.

If you have nerves, fear, worries about your exams and revision share your experience with a sympathetic person who will listen with understanding.

During your revision periods try sitting in a relaxed and comfortable posture, recalling out loud or to yourself the material you have just studied.

Recalling information helps to cement it to memory and will facilitate recall on the day of the exam.

It also confirms to yourself that you know the material and this raises confidence.

Allow yourself time for relaxation, cooking and eating well and positive socializing.

You may wish to gently repeat a positive phrase to yourself ('I have achieved well today') to help your mind switch off from your studies, it works like counting sheep and has the added benefit of affirming the positive. Go on indulge yourself! It will set up a habit of feeling good and those good feelings will start to become automatic.

On the day of the exam if you benefitted from the Meditation and Mindfulness practices mentioned here then consider pausing for a few minutes before you turn your exam paper over to give you time to focus, concentrate and sharpen the mind.

A 5 minute Mindfulness & Meditation practice per day is a good start you will be amazed at the results.