

MANAGING EXAM STRESS!



1 PLAN AHEAD OF TIME

Schedule your study time and keep a mix of easy and difficult subjects in a day which will help you focus for longer



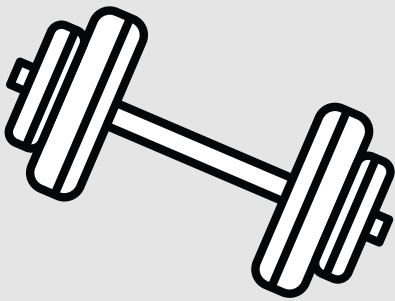
2 TAKE BREAKS

Take study breaks at least once every 90 minutes.



3 STAY OFFLINE

Turn off notifications and stay offline when studying. Set aside a time in the day to check messages after your studies.



4 EXERCISE

Take a stroll, dance, cycle or play a sport with a friend. Exercise takes our mind off our stresses, relaxes us.



5 PRACTICE!

Solve sample papers to help you manage your time during an exam and reduce stress.



6 TAKE SUPPORT

Managing stresses on your own can be challenging so talk to someone you trust. You can also talk to our counsellor by calling our toll-free number.

CALL OR WHATSAPP ON

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