

I'm a little  
**STRESSED**  
right now...

(just turn  
around and  
leave  
quietly  
and no one  
gets hurt.)

# What is stress?

## Task 1: In a group...

a) What is stress?

b) Is all stress negative?

c) How can you recognise if you're stressed? Bullet point your ideas.



# Session aims

- To know what stress is
- To know six strategies for dealing with stress
- To develop techniques for managing stress

# What is stress?

a) Stress is one of the body's natural responses to something that is threatening or frightening.

It is something that we all experience from time to time.

b) Stress is not necessarily harmful: mild forms can motivate and energise you.

However, if your stress level is too high then it can cause difficulties, including hindering your ability to prepare for and perform during your exams.



# Stress signals...

c) How you can recognise if you're stressed...

- Quick, shallow breathing
- Fast heartbeat
- Higher blood pressure
- Tense
- Aching neck and shoulders
- Becoming withdrawn
- Comfort eating
- Irritability
- Less efficient immune system
- Short temper
- Nerves
- Depression
- Loss of memory
- Poor judgement



# How do people deal with stress?

- For many of us with hectic, stressful lives, relaxation means zoning out in front of the TV at the end of the day or snatching some extra sleep at the weekend. Unfortunately, this does little to help reduce the damaging effects of stress on the mind and body.

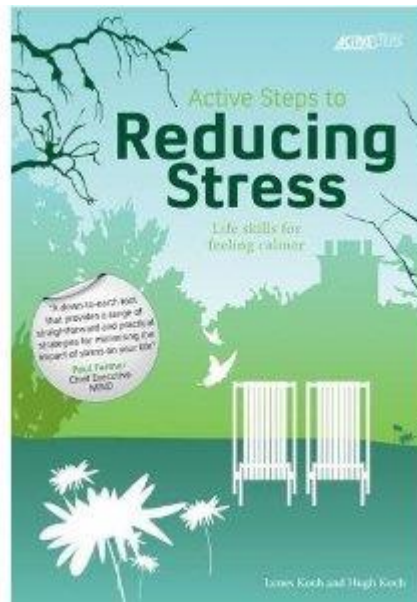


# Strategies for dealing with stress

## Task 2:

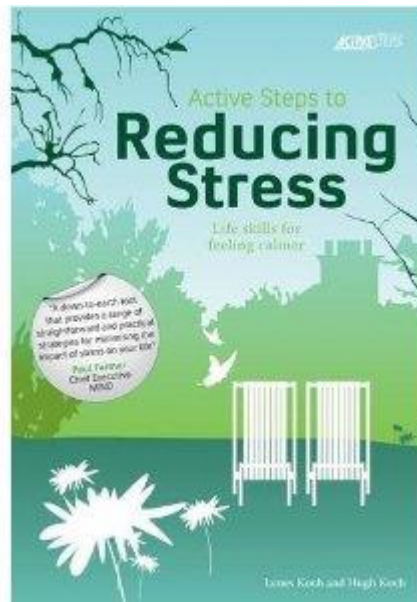
Discuss in groups the different strategies you use to deal with stress and how effective they are.

Pick your top 6 strategies to share with the rest of the class.



# Six strategies for dealing with stress

- Unfortunately there is no magic wand that will remove the impact of stress on your life. Controlling stress is an active process which means that you will have to take steps to limit its impact.



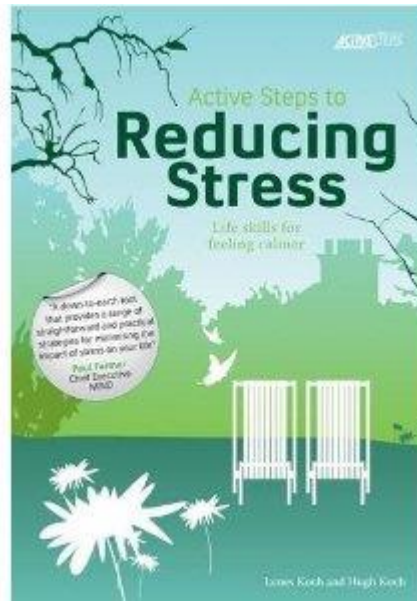


# Six strategies for dealing with stress

1. Food & drink –  
fuel your body.

2. Get enough sleep

6. Improve your  
study skills

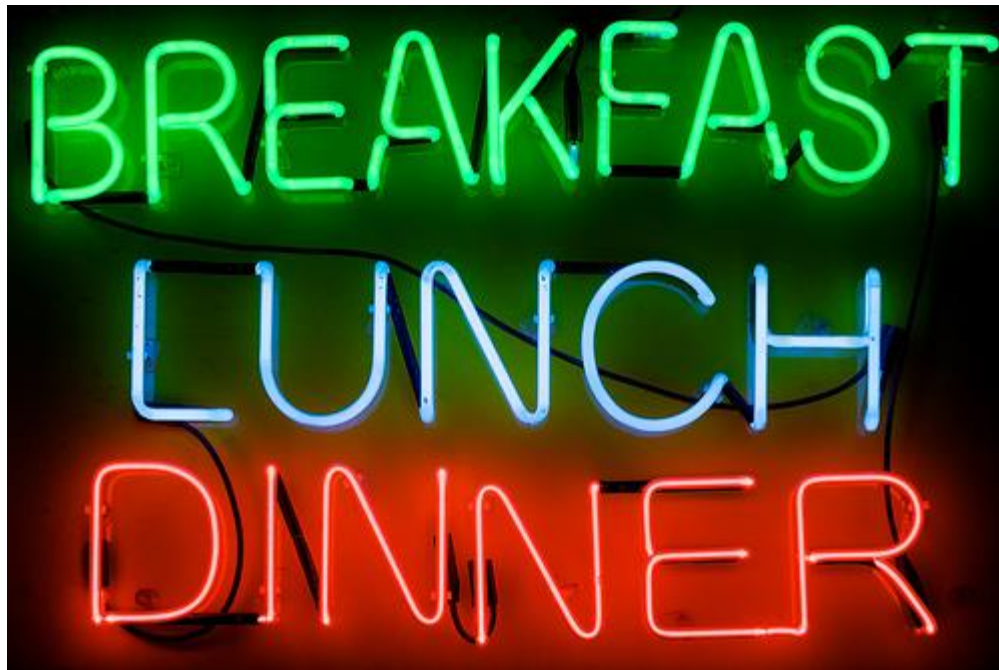


3. Regular exercise

5. Make time  
for fun

4. Control your  
breathing

Step One: Be careful about what you eat and drink



# Step Two: Get enough sleep



# Step Three: Take regular exercise



# Step Four: Control your breathing



# Step Five: Make time for fun



# Step Six: Improve your study skills

Get organised for learning!

Read through your notes; use a mind map to write out what you have remembered; return to your notes and highlight all the forgotten facts! You could then add these facts to the mind map. Try this before your next test.



# Planning will reduce stress

- Where does your time go?  
168 hours in the week – use them wisely
- Allocate time for essential tasks
- Schedule in time for studying – including breaks
- Schedule time for YOU e.g. relaxation, social, exercise
- Be aware of procrastination...



# REMEMBER

**“Procrastination is the thief of time”**



**How do you split your time?**

**Complete Page 11 of your guide to success booklet and use Page 29-34 to look at how you can prioritise and structure your work / revision.**