

Self-Care During Exam Season

It's no secret that exam season can be stressful! Stress can take a toll on both your body and mind and you might feel overwhelmed.

There are lots of practical things you can do to help reduce your stress levels, but above all, it is important to **take care of yourself!**

Why is self care important?

Self-care involves prioritising your own physical, mental and spiritual wellbeing by engaging in activities that meet your needs and allow you to feel relaxed and grounded. Key benefits include:

Clearing your mind
and reducing
stress/anxiety

Improving your
health and
wellbeing

Enhancing your
concentration and
energy levels

As well as being very important in their own right, these benefits of self-care can result in **better exam performance** by enhancing your concentration and productivity, and reducing mental fatigue.

How should I practice self-care?

One important part of self-care is taking the time to do things that you enjoy. Here are some things you can do to de-stress.

Eat your favourite foods Listen to music or podcasts
Breathing exercises Go for a short walk or sit outside
Listen to music or podcasts Take a bath or shower
Read a book or watch TV Light exercise, sport or dance
Draw or make a puzzle Have a spa/pamper night
Talk to your friends and family Do your nails/make-up

In addition to these things, it is important to practice self-care and minimise stress whilst you are actively revising for your exams.



You could do this by:

- Taking regular short breaks and changing your surroundings.
- Revising in natural light rather than artificial light.
- Revising in a location different from where you relax.
- Keeping your study space clear from distractions and clutter.
- Ensuring you eat snacks and hydrate yourself.



It might sound obvious – but remember to go to the bathroom! It can be easy to neglect basic needs like this when we are focused on something like revision.

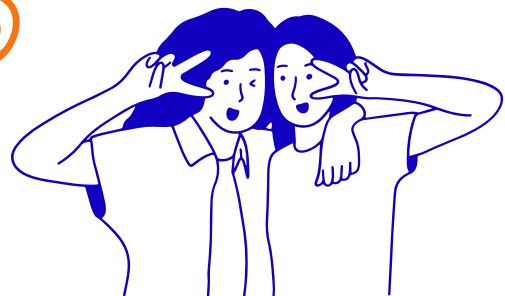
What shall I do if I am struggling to take care of myself?

Sometimes we may struggle to take care of ourselves. It can feel weird or selfish. But that's not true! **You are worthy of self care!**

If you are finding it difficult to take care of yourself, you should focus on meeting your **basic needs** first.

Eat and drink, take care of your personal hygiene, and try to get 8 hours of sleep so that your brain and body can rest.

Another thing you could do is to **picture yourself in your best friend's shoes** – they care about you and want you to take care of yourself, so think about how they may want you to go about this.



Finally, remember:
YOU ARE STRONG AND CAPABLE!
YOU'VE GOT THIS!