

## **How to Control Stress and Anxiety near Board Examinations**

***One of the most important keys to Success, is having the Discipline to do what you know you should do, even when you don't feel like doing it.***

Examination fear and stress are common among the students. Some are capable of handling examination anxiety and a few fall prey to stress and even go to depression. Some students are taking so much pressure of exam that they become the victim of panic attacks. At the same time, this is further compounded by friends, relatives and parents when they start comparing their children with others. Never forget that there is Life after Exams.

Right approach and proper planning are very helpful in overcoming fear, stress and anxiety and thus enhance students' performance in the examination. Go confidently in the direction of your dreams and get the marks you have imagined. Examinations are life-learning experiences in managing stress and time, by proper planning. For help, students should go to the parents, teachers and counsellors to take guidance.

### **Some Basic Tips to Control Examination Anxiety.**

1. Plan your day, act on your plan and review the progress.
2. Prepare short notes and flow chart for quick revision.
3. Use highlighting pen for important points, headings and sub-headings of the chapter.
4. In the morning mind is clean, fresh and can concentrate maximum; so try to utilize these hours for study. You can study at night also but get enough sleep.
5. Do past examination papers under examination conditions.
6. Put off all distractions like Mobile, TV, Computer etc. while studying.
7. Set realistic goal and do your best for achieving the same. Never set your goal seeing others.
8. Tell your family members about your study time, so that they don't disturb you.
9. Do daily meditation and Exercise like deep breathing, stretching, walking etc.
10. Take a break if you are not able to concentrate and understand the chapter.
11. Don't hesitate to get help from yours teachers, parents, elder brothers/sisters and friends for things you don't understand.
12. Best way to perform well is strengthen yourself by creating strong will and by doing hard work.
13. Make your daily schedule in such a manner that you must keep some time for relaxation.
14. Go to the park/garden for 10-15 minutes to get fresh air.
15. During relaxation watch TV, listen music , play game or enjoy with family or go out and chat with friends.
16. Never skip breakfast, drink a lot of water, take healthy and balanced diet, Fruits, salad, green vegetables, Nuts etc. and avoid fried/junk food.
17. Remember Patience, Passion & Preseverance are Key to Success.
18. Last but not the least – Empower yourself. Visualize your success and have positive self talk - 'I can and I will' – 'I am the Best' – 'I am the Champion' - I Love, Trust and Believe in myself. Believe 'you can and you're halfway there'. Be confident.

***Don't let pressure get a hold of you, stand Strong with Focus and Calmness. You are certain to Succeed in your Mission. Good Luck and All the Best.***