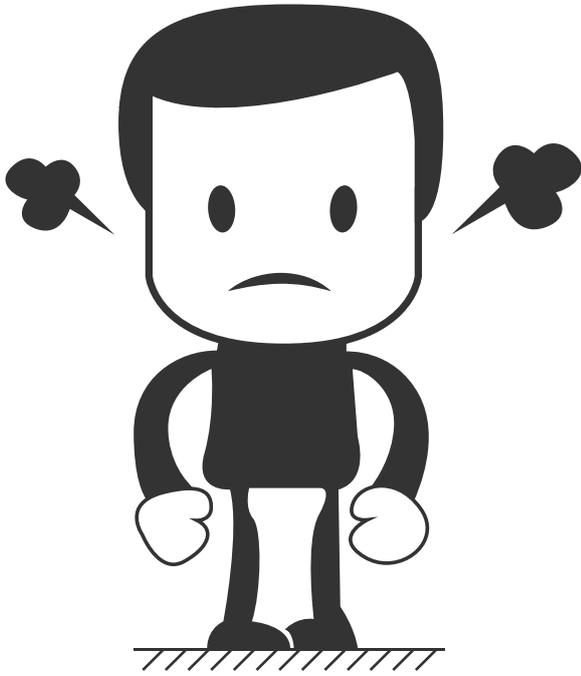


Stress Busters

Don't let stress chain you down, free yourself to release the potential within you!



Stress is not what happens to you.

It's your RESPONSE to what happens.
And your response is something you can CHOOSE.

Stress can come from

- School work and examinations
- Family expectations
- Personal expectations
- Relationships
- Changes in your routines
- The attempt to get off a crowded train and many other situations...

But...

NOT ALL STRESS IS BAD!

Having the right attitude towards stress can motivate you to excel under pressure.

Find out how stressed you are

Test For Stress

	Never	Sometimes	Always
1. Do you find it difficult to relax?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Do you feel under pressure?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Do you have trouble finding time for yourself?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Do you forget things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Do you get angry?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Do you feel tired?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Do you have trouble sleeping?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Do you argue all the time, even about minor things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Are you impatient with others?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Do people often tell you that you are tense or upset?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you answered "always" to many of the above questions, be sure to refer to the tips in the next page to help you cope with stress!

Stress Buster 1

Cope with expectations

Personal Expectations

- **Set realistic goals.** You can raise your expectations as you achieve your targets.
- Unrealistic expectations can make you feel frustrated and lose confidence over time.
- **Ask for help** from supportive people *e.g. teachers, parents and friends.*
- **Mistakes are not failures.** Learn from them and commit to do better the next time.

Parents' Expectations

- Fix a time with your parents to **talk** about their expectations of you.
- Discuss your feelings **openly, calmly, and honestly** with them.
- Map out your own expectations and negotiate with them.
- Tell them **what help you may need** from them.

Stress Buster 2

Take care of yourself

Rest and Relax

- **Take breaks**
- Make time for fun
- Get sufficient **quality sleep**
- Listen to chill-out music

Eat healthily

- Eat a **balanced diet** with a variety of foods from different food groups
- Take plenty of **fruits and vegetables**
- **Hydrate** regularly

Exercise regularly

- Physical activity releases endorphins which are feel-good hormones.

Do deep-breathing exercises

- Sit up straight or lie down
- Take normal, deep breaths
- Feel your stomach rise and fall as you breathe
- Each time you breathe out, count a breath
- Count 10 breaths in a row. If you miss one, start over
- When you get to 10, repeat
- Focus on your breathing and block out all other thoughts
- Repeat as many times as necessary

Avoid these negative ways of coping

- Smoking and drinking
- Binge eating
- Self-harm
- Drug abuse

Stress Buster 3

Study smart, study well

- 1 Organise your study space making sure it's separate from your relaxation area.
- 2 Plan a proper and realistic revision timetable and follow it.
- 3 Use a Study Smart Checklist below.
- 4 Start with subjects you enjoy.
- 5 Have a good study buddy.
- 6 Do not be afraid to ask for help when unsure about a topic or subject.



Being prepared is half the battle won.
Plan your revision early, and keep calm and carry on.



Study Smart Checklist

1. Have I planned what I'm going to study today?
2. In my study plan, have I put in time for regular breaks?
3. Is my study desk free from distractions?
4. Do I make notes of my readings in outline form?
5. Do I try to capture key points rather than memorising the whole text?
6. Do I use charts or diagrams to summarise the key points in my readings?
7. Do I look through a chapter quickly to get an overview before reading it in detail?
8. When I study, do I take note of the graphs and tables in my textbook, rather than skipping them?