



# Combat Academic Stress

**Academic Stress can be caused by things such as the fear of failure, difficulty choosing areas of study, managing workload etc. Balancing social and academic lives, meeting expectations, grades and many other aspects can all contribute to this.**

## What can you do to fight it?

### **Study and work efficiently and effectively**

- Work when you are most productive wherever possible. (Morning, Noon or Night)
- Remove yourself from distractions.
- Study away from your phone and computer if possible, or stay away from distractions such as social media.
- Listen to music or work with friends if the task does not require 100% concentration or if you work better in this way.
- Work and study in a comfortable environment.
- Make classroom time more productive to save time and energy later.
- Pay close attention and participate/ask questions.
- Take detailed notes.
- Ask questions at the end of the lesson if you are unclear/did not have a chance to ask about something.

**We're here. Isle Listen.**



### Plan ahead

- Write all exam dates and deadlines on a large calendar and check it often, keeping it updated.
- Don't let assignments/exams sneak up on you.
- Don't rely on cramming, it only increases anxiety and causes confusion.
- Break larger assignments/topics in to smaller, more manageable pieces.
- Stick to your study plan. Try not to break your study sessions for impromptu social events etc.

### Set realistic goals

- Recognise your limitations, everyone has strengths and weaknesses. Don't expect to be perfect every time.
- Set modest, attainable goals. Not meeting large and overwhelming goals only causes more stress.
- Do the best you can within your limits and accept the outcome.
- Avoid procrastination.

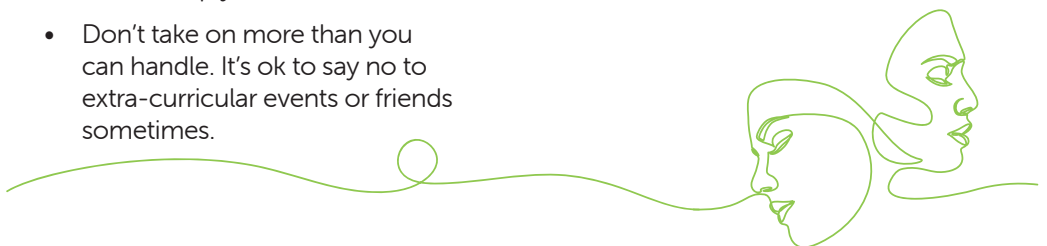
### Take care of yourself!

- Reward hard work with breaks and treats. Keep yourself motivated!
- Don't take on more than you can handle. It's ok to say no to extra-curricular events or friends sometimes.

- Schedule time for recreation and relaxation.
- Eat right, exercise regularly and try to ensure that you get enough sleep.
- Seek help, don't go it alone.
- Work in groups whenever appropriate or possible. A small group can be a great asset when it comes to bouncing ideas around, thinking of a better way to phrase that sentence or just helping each other out.

### Ways to relieve stress

- Engage in physical activity by going for a brisk walk (15-30 minutes), jogging, swimming, dancing or going to the gym.
- Do gentle head rolls, shoulder rotations and shoulder shrugs on a regular basis when doing computer work to prevent neck and shoulder tension.
- Eat healthy snacks while studying to maintain blood sugar levels.
- Watch your caffeine intake! Excess caffeine consumption (over 3 cups of coffee/tea/fizzy drinks per day) can increase heartrate and blood pressure which only adds to the symptoms of stress.



- Get at least 6-8 hours of sleep a night.
- Find a quiet place to sit for a short period of time. Outdoors is ideal if the weather permits.
- Utilise a relaxation technique such as a breathing exercise, progressive muscle relaxation, mindfulness or visualisation. YouTube has some great options.

### **How can stress be prevented?**

- Stress is a complicated issue that requires time and patience. Make time to balance the pressures of academics and extracurricular activities with time for friends, rest, sleep and exercise. A healthy diet and staying hydrated is also key!
- This can seem like a lot to try and keep on top of. Schedules and boundaries can go a long way to assisting you in achieving this balance. You don't always have to stick rigidly to them, and make them realistic for you as an individual.

