

# Mental health: People at the centre

## BEAT EXAM STRESS



Exam periods can be stressful. During exam times we need as much help as we can to get ourselves in a positive state of mind and stay motivated!



### TAKE CARE OF YOURSELF

Eat, drink and sleep properly, engage in exercise, stick to your hobbies, stay connected to your network of support (i.e. friends, family and peers)



### MANAGE YOUR TIME EFFECTIVELY

Prioritise tasks, break larger tasks into small ones, set time estimates, plan short breaks in between, set time aside to plan the next day



### MAKE CHANGES IN YOUR ENVIRONMENT TO HELP YOU FOCUS

Eliminate noise and distractions, set your phone to silent mode, and limit screen time



### MAKE A REALISTIC AND BALANCED STUDY PLAN EARLY ON

Consider the type of learner you are, set realistic goals, try the Pomodoro technique, follow your schedule, create study sessions with a friend or a group, ask for help from your mentors



### NOTICE AND REGULATE FEELINGS OF ANXIETY

Practise diaphragmatic breathing, mindful body scan meditation, ground yourself in the present moment using your 5 senses, express gratitude, do a self-soothing activity (i.e., a walk, listen to calming music, wear comfy clothes, cook your favourite meal, take a bath)



### MAINTAIN A HELPFUL PERSPECTIVE

Avoid comparisons and harsh self-judgements and remind yourself that “you are doing your best and that is enough”, challenge your anxious worries - “is this a fact or an opinion?”, focus on what you can control, develop a mantra to encourage yourself - “I am confident and prepared, I am ready to succeed”

If you wish to speak to someone and seek psychological support, you could contact the Counselling Services for UNIC students by calling 22795100 or by sending an email to [kesy@unic.ac.cy](mailto:kesy@unic.ac.cy)