

TIPS to Overcome Exam Stress

Prof.I.Karpagalakshmi

M.Sc (N) V.V.Vanniaperumal Nursing College for Women, Virudhunagar

Nothing is impossible. The word itself says ‘I’m Possible’– Audrey Hepburn

Exam stress is the feeling of tension and worry that comes from test-taking situations. It is normal to feel some stress about upcoming tests, exams, papers or presentations. Indeed, a small amount of stress can challenge you and stimulate you to work harder. Exam stress becomes problematic when it interferes with your ability to perform and achieve your academic and learning goals. Here are some useful tips to reduce your exam stress and helps you to succeed in your exams.



I. DIET MATTERS



Have a well-balanced diet and avoid excessive alcohol and caffeine before an exam

- Drink enough water

- Magnesium-rich foods such as Spinach
- Zinc-bearing foods- Oysters, Cashews, Liver, Beef, Egg yolks
- Omega-3- Salmon
- Foods with Probiotics- Pickles
- Vitamin B- Avocado, Green Leaves
- Eat foods rich in antioxidants
- Beans: red kidney
- Fruits: Apples, Prunes, Sweet cherries, Plums, Black plums
- Berries: blackberries, strawberries, cranberries, raspberries, blueberries
- Nuts: walnuts, pecans
- Vegetables: artichokes, kale, spinach, beets, broccoli
- Spices: turmeric and ginger

II.MAKE SURE TO STUDY!



Some helpful tips for a productive study :

- Learn as much as you can about the format and expectations for the exam
- Make and keep an organized study schedule early on
- Take good notes
- Focus on success, not past or feared failings
- Be honest and realistic with yourself about expectations
- Practice

- Don't over study

III.PRACTICE CALMNESS



Pre-Exam Calmness Techniques

Look out of the window

Looking at a bit of nature and the outside world which can help you get out of your box and help you calm down.

Practice deep breathing exercises



Breathing on purpose and paying attention to your breathing can actually help you calm down a lot. Exam nerves can also have this effect. It is important to be aware of breathing when managing stressful situations.

DIY (Do It Yourself) Hand Massage



The benefits of a hand massage may include:

- reduced hand pain
- less anxiety
- better mood
- improved sleep
- greater grip strength

IV.LISTEN TO CALMING MUSIC



- A number of recent studies show that psychological states such as anxiety, depression, and nervousness are strongly affected by forms of music.
- The right kind of music may be the best medicine to find peace and calm before going into an exam.

V. GET ENOUGH SLEEP



- Everyone knows that sleep is not just a requirement for academic success but is necessary for good health.
- A lack of sleep carries with it a number of negative symptoms including depression, lessened affability, memory problems, diminished critical thinking skills as well as anxiety and nervousness.

- A minimum of 7-8 hours of sound sleep each night in order to maintain good health and calm heightened nerves.

VI. TAKE A BATH WITH EPSOM SALT



- A warm bath of itself lightens life's daily burdens. And when Epsom salt is added to the mix emotions are buoyed up and anxiety melts away.
- For pre-exam anxiety, an Epsom salt bath might just be the remedy. Epsom salt contains magnesium sulfate, which helps boost feelings of calm and relaxation.

VII. DO AROMATHERAPY



- Aromatherapy can be used through a number of applications such as inhalation, topical, and even oral.

- The most popular method of aromatherapy is through breathing in essential oils, which are often combined with natural scents.
- If you get nervous about exams and want to reduce stress and anxiety, aromatherapy is a time-honored way of achieving greater calm.

VIII. STRETCH TO RELAX



- Stretching can help reduce stress and feelings of anxiety and nervousness.
- Stretching can be done in the form of meditation, prayer, and/or relaxation.

IX. GOOD POSTURE IS IMPORTANT TO MANAGING ANXIETY



- Good posture can affect one's self-perception and attitude. A good posture expresses a good self-image. This outward expression reflects back upon the inner personality, helping them to believe inwardly what is outwardly being expressed.
- If you're having pre-exam anxiety, make a quick check on your posture.

- You may find that adjusting your posture may help dial down your nervousness.

X. THINK AND SPEAK POSITIVELY ABOUT YOURSELF



- This method of relaxation is an aspect of a larger relaxation method called “auto suggestive” or “autogenic” therapy.
- The goal of this technique is the use of exercises to enhance feelings of self-esteem and boost confidence.
- By boosting confidence and lowering stress conditions in the body auto suggestive therapy can be a powerful and effective way to calm test-time nerves.

XI. EXERCISES TO REDUCE ANXIETY AND SETTLE NERVES



- Exercise has been shown to cause the release of “feel-good” endorphin chemicals. Along with the chemical effect, exercise serves to focus the mind away from other concerns, including the big test coming up.

- Exercise also helps boost confidence, foster more social interaction, and provide healthy ways to cope with the stresses of college life. Some of the most often recommended forms of exercise are:

- Walking
- Jogging
- Biking
- Swimming
- Dancing

XII. KEEP PERSPECTIVE



- There is life after the big test. Life is more than scholastic success.
- Good health and study habits will boost confidence for the big exams, and reasonable expectations will help us not put too much pressure on ourselves.
- So, make it easier, be patient with yourself, and just do the best you can!

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