



STRESS STUDY BUSTERS

Stress busters...	What to do
Get active	<ul style="list-style-type: none">• Physical activity boosts endorphin levels and has been proven to beat stress.• Short bursts of activity between chunks of study will help you feel better, help you work longer and help you concentrate better.• Find what works for you; the important thing is to take breaks between periods of mental exertion.• Building activity into your day also helps you sleep better at night, which will also help you beat study stress.
Eat well	<ul style="list-style-type: none">• Eating and drinking the right things before you get too hungry or thirsty helps keep your blood sugar and hydration levels balanced and stress levels under control.• Fresh fruit and vegies, cereals, grains, nuts and proteins are good for your body, brain and blood sugar levels.• Drink plenty of water.• Avoid junk food, alcohol, drugs (except those prescribed by your doctor), sugary food, and too many high caffeine beverages.
Get connected	<ul style="list-style-type: none">• Students who are well connected at uni tend to outperform those who are not!• Keep in contact with family and friends, those who support your goals.• Build social activities into your timetable so as you have a study/life balance.• Social activities help you keep perspective, and are vital in minimising study stress.• Combine social activity and study by setting up or joining a study group.
Study smarter not harder	<ul style="list-style-type: none">• Planning is paramount towards minimising study stress.• Use a semester planner, weekly planner and a daily planner to stay on track.• Major tasks like preparing for exams are best broken down into small step-by-step chunks, spread over several days/weeks.• Schedule in recreational and social activities, work and family commitments, and allow for plenty of 'down time.'
Ask for help when you need it	<ul style="list-style-type: none">• There are many people on campus who are there to help you manage study stress. Lecturers, tutors, course coordinators and other student services staff are there to assist. Link to counselling Make use of them.
Rest before you get tired	<ul style="list-style-type: none">• Rest before you get too tired or run-down.• If you are having trouble sleeping at night due to stress, try deep breathing, meditation, positive self-talk and/or exercise.• Set yourself a bedtime routine that is just a bit earlier than usual, with activities beforehand to help you unwind: music, reading (but not study notes or books), massage, shower, a hobby you enjoy (but not something that is hard to stop once you get started – such as computer games, surfing the net or social media).
Keep perspective	<ul style="list-style-type: none">• Exceptional grades do not necessarily lead to career success or personal happiness.• Aim to be a 'good' student rather than a 'perfect' student (there is no such species).• Remember that the best results don't always come from the most amount of effort, and what might seem most urgent is not always what is most important.