# STRESS STUDY BUSTERS

<table>
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<th>Stress busters...</th>
<th>What to do ......</th>
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| **Get active**    | • 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**      | • 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 veggies, 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** | • 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** | • 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** | • 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. Visit [Wellbeing and Counselling Services](#).  |
| **Rest before you get tired** | • 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** | • 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.  |