



**RE:CHARGE**  
EMPOWERING YOUR MENTAL HEALTH



**Stressed about exams?  
Regular breaks can keep  
your mind fresh**



Making time to relax or to get some exercise can help clear your mind and keep you focused.

## **STUDY GUIDE INSIDE**

There are lots of ways you can look after your grades and yourself at the same time.

If something is getting you down or making you feel anxious, support online or on campus is available.

Visit [yourmentalhealth.ie](http://yourmentalhealth.ie) or [mentalhealth.usi.ie](http://mentalhealth.usi.ie) for information or contact Samaritans for free, any time by phone.



mentalhealth.usi.ie



Seirbhís Síainte  
Níos Fearr  
& Forbairt

Building a  
Better Health  
Service





# Stressed about exams?

## Regular breaks can keep your mind fresh

Feeling the pressure of an approaching deadline or exam can be very stressful, especially if you feel like you can't get all the work or revision done. It is important that you look after yourself during times of additional stress.



### Planning

At the start of term, work out the basics and write down the number of assignments and exams that you are required to take per module as well as the marks allocated to each. Use a study planner to break down your work and study period. A balanced diet and regular exercise is important around exam time to keep you alert and focused. Find activities that help you relax and make sure to make time for this.

If you are very worried about your coursework or exams it may be helpful to talk to someone about your worries. Information on appropriate services can be found at:

[Mentalhealth.usi.ie](http://Mentalhealth.usi.ie)

[Yourmentalhealth.ie](http://Yourmentalhealth.ie)

Samaritans 116 123

### Asking for help

If you're having trouble with the coursework, ask for advice from your lecturer, tutor or SU officer. Attend classes, tutorials and catch up on notes regularly will make it easier to highlight difficulties along the way.

### Avoiding comparison to others

Don't judge yourself by what others are doing. Everyone has a different working style and pace. Once you've done an assessment avoid an analysis of it, this can contribute to additional stress and have a negative impact on your other upcoming assignments or exams.

