

Exam stress?

This might help



Make self care part of the routine

Plan 10/15 minute breaks
and how you'll fill them.

Focus on what works for you

Where do you work best?
Get creative? Or maybe
find a study group?

Prep the night before

If it's laying out your clothes or packing your bag, it ticks something else off the to do list!

Breathe

Take a second to relax
your breathing.

Reward yourself

Big or small, do
something to say well
done to you.