

Counselling Service


TUS Midlands



Newsletter Content

Stress

- Effects of Stress
- Stress, How to manage stress, How to keep yourself well during exams and Resources

 @tusmidlandsstudentcounselling

Effects of Stress

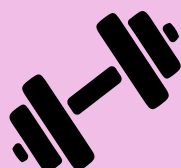


Mental Impact

- Anxiety
- Lack of Motivation
- Restlessness
- Depression
- Lack of Focus

Physical Impact

- Fatigue
- Stomach Upset
- Sleep Problems
- Muscle Tension
- Headaches



Behaviour Impact

- Overreacting
- Social Withdrawal
- Less Exercise
- Oversleeping
- Comfort Eating

Stress

Stress is a regular part of university life, and students tend to experience it, especially during exams and assignments. Exam season can influence students to feel more stress than usual. However, an appropriate amount of stress occasionally keeps us motivated, but too much is not productive and unhealthy. Therefore, using several ways to manage our stress is extremely important to keep us well during exam season. Let's find out together!

Tips for Managing Stress (Spunout, 2020)

Concentrate on the things you can manage - During your exams try to prepare by concentrating on the things you can control and the things you do know. Even if it's not an easy process, trying to keep our minds focused and driven in this way is a more productive approach.

Attempt to set up a study environment and routine - One useful strategy for remaining focused is to establish a study schedule. Make a study schedule that includes specific times for concentrating on various subjects and include frequent breaks. Knowing that you have a strategy in place with time assigned for each topic you are studying might help control stress levels.

Take rests - After spending some time studying, it is very common for your attention to start to wander. Our ability to absorb and remember new knowledge depends on our ability to take regular pauses. Try to get some movement during your break such as taking a short stroll.

Talk to someone about how you feel - It's important that you try to speak with someone if you feel your exam-related stress is overwhelming you. This might be someone else you feel comfortable sharing this with, such as a friend, counsellor, support group, or another member of your family.

How to Keep Ourselves Well During Exam

Try the 4-4-4-4 breathing technique

- Breathe out while counting to four
- Hold your breath while counting to four
- Breathe in while counting to four
- Hold your breath while counting to four

Start with just a minute or two and gradually expand the time.

Mindfulness Meditation during Exam Season

Join Olivia for 15 minutes of guided mindfulness meditation

- Monday 29th April @ 8 am
- Tuesday 30th @ 8 am
- Wednesday 31st @ 8 am
- Tuesday 7th @ 8am
- Wednesday 8th @am

Link to join: <https://tus-ie.zoom.us/j/88073991098>