

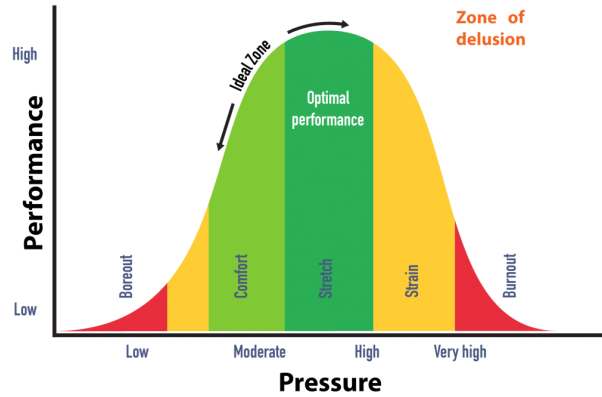
Managing Academic Stress

Developing Healthy Study Habits

Session Activity Sheet

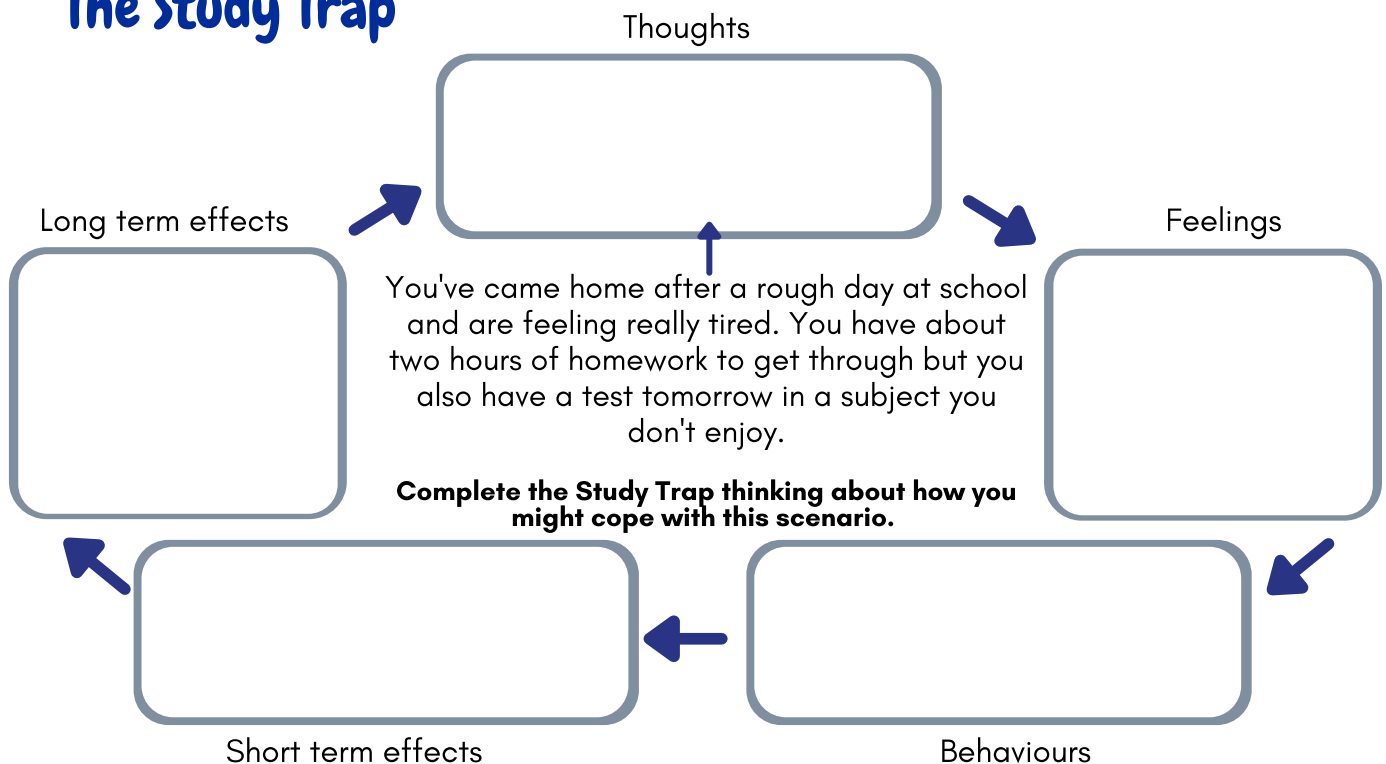
Anxiety and Stress

What are your warning signs that you are starting to struggle with your stress level?



How do you feel?	What do you do more of or less of?	What type of thoughts do you have?

The Study Trap



Barriers To Revision

Draw a line to match the revision barrier with advice that might help.

I just really hate revising.

I'm so stressed and I'm not sleeping properly which isn't helping.

I'm spending ages revising but when I finish I'm not sure how much I've actually taken in

I can't do this. I'm not academic at the best of times - I'm going to fail. What's the point?

Why can't I cope with the pressure? Everyone else seems to have it together.

I know I need to revise but I'm struggling with motivation. Every time I sit down to start, I feel restless and distracted.

Check in with your wellbeing. Schedule in non-negotiable self-care time around your revision to give your brain and body a chance to rest and re-set.

Focus on your strengths and practise self-kindness: putting yourself down is unlikely to motivate you. Think about what you can do and focus your energy there.

Speak with your friends to share how you feel. They will validate what you're going through, lighten the load and share tips and advice.

Take regular breaks during revision to give your brain a chance to re-set and consolidate what you have learnt. It may also be helpful to quiz yourself a and/or make summary mind maps at the end of each topic

It's hard doing things we don't enjoy! Think about ways to bring a sense of connection and enjoyment to your revision e.g. studying with friends, getting creative, using videos and visuals, etc. How can you reward yourself when you achieve certain tasks?

Sounds like you're feeling overwhelmed and unsure of where to start. Set some small goals and try the Pomodoro Technique to get through them. Studying in 25min bursts can feel more achievable and help you build momentum.

Top Tips

What are your top revision tips? What ideas are you going to try?
