



Exam stress in particular can affect the students. This stress can affect children either in a positive or negative way. Not all types of stress are bad or harmful, stress can also be a positive factor that mobilizes us to take initiative in the right direction. Eustress is the opposite of distress and can refer to any type of stress that is beneficial for us, both physically or psychologically.



Similarities between Eustress and Distress

- You can feel nervous
- Your heart might pound
- Your thoughts might race

Eustress and Distress are different because

- Eustress is manageable and short-term
- Eustress is motivating and often feel exciting with a sense of anticipation
- Distress may feel uncomfortable, overwhelming and often unmanageable.



- certain result
- Want to do really well in exams
- time to study.
- Don't understand what you're studying.

- Worry we might fail. Don't feel
 - prepared enough
- WHY DO W FEEL STRESSED
 - DURING **EXAMS?**
- Don't think we will do well in the exams.
- Feel pressure from family to get good marks

- Have other things going on in our lives that keep us distracted from studying and
- Feel the need to compete with our friends and peers.
- Parents compare us to our friends or relatives

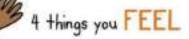
Practicing self-care becomes highly essential to manage exam stress. You can dedicate some time in between your study breaks for any activity that destresses you and relaxes you which is unrelated to academics. For. eg. Going for a 20-25 minute walk, Reading a non-academic book, Exercising regularly for half an hour, playing with your pet, etc.

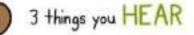


5-4-3-2-1 GROUNDING

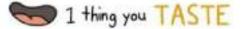
TAKING SLOW, FOCUSED BREATHS, NOTICE:













You can try the grounding exercise on the days you feel overwhelmed and need to focus on the present

Deep belly breathing helps
us relieve stress and tension in our body. It
relaxes our nervous system.
Place one hand on your chest and the

other on your chest and the
other on your belly
Inhale deeply through your nose for a
count of four, making sure your belly is
expanding and not your chest. Exhale
through your mouth for a count of four.
Continue this breathing cycle for a few

Feel the stress leave your body while your mind becomes calm

minutes



Child's pose or Balasana helps
in stretching your hips, thighs, and ankles.
It gently relaxes the muscles on the front
of the body while softly lengthening the
muscles of the back which reduces the
stress and fatigue in the body. It's a
resting pose mixed with deep breathing
which can be super relaxing

"I am connected"

Expert's Dialogue

Saniya is a 15-year-old girl who has exams in the coming week. She is panicking, has left all her hobbies, and is not eating or sleeping properly. The reason, Exam stress. So what exactly is exam stress? It is the worry and anxiety we feel before or during our exams. It affects our ability to perform, study or even function!

Symptoms of exam stress include:

- · Becoming forgetful about little things.
- · Feeling exhausted and tired most of the time.
- Being irritable, short-tempered or panicky every now and then.
- · Losing sleep or sleeping too much and feeling bad about it.

How to solve this? Few tips for you, dear students:

- It is crucial you express your feelings of stress, verbally through communicating with parents, siblings or peers or physically via continuing to do at least one hobby that keeps you fresh, happy and energetic.
- Meditate for 5 minutes every day
- Practice deep breathing exercises whenever you feel worried since it helps your senses to calm down
- Ensure you don't put pressure on yourself and plan your study and revision sessions rather than studying a day or night before the exam
- Create a daily timetable and goal or check list
- Get a proper night's sleep
- Eat healthy and drink lots of fluids, junk/overeating/starving will only heighten stress levels
- Exercise for some time every day maybe a run or cycling or playing a sport
- Engage in positive self talk



Riddhi Doshi Patel Child Psychologist / Parenting Counselor



As for a parent, encourage and appreciate your child for studying and passing the exams. Don't shout, nag or compare your child. Doesn't mean that we allow everything that is asked by the child, especially something which isn't appreciated, but certainly we explain and handle it tactfully as afterall, mental health matters. Its important that during exams, the child's mental and emotional health is taken care of as much as we take care of their physical needs. The mental health of the child gets affected during exams when the exams starts with anxiety due to proving oneself, coping up with parental pressure and one's self trust.

Talking it out and reaching out to our parents, teachers, cousins or friends always helps in feeling better and easing our worries. When we reach out to a trusted person and share our worries it always makes us feel seen and heard. Sometimes that is all that makes a world of a difference, a listening ear and a shoulder to lean on. You can use this sheet to decide who is the best person to reach out to right now

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Help is just a call away!

- ICALL HELPLINE (GENERAL COUNSELLING) 02225521111
 (MON-SAT, 8AM-10 PM)
- HUMSAFAR TRUST (LGBTQIA+)- 0226673800 (MON-FRI, 10 AM-8PM)
- ARPAN (CSA)- +91-9819086444 (MON-FRI, 9 AM-6PM)
- AASRA (SUICIDE PREVENTION)- +91-9820466726 (7 DAYS A WEEK, 24 HOURS)

WE ARE HERE FOR YOU!

If you or someone you know is experiencing any mental or emotional distress, kindly call on our toll-free mental health helpline number:

SAMVAAD 1800-102-4040

This helpline is active from 8 am to 8 pm, seven days a week and is handled by counsellors with varied expertise.

In case of any mental health related concerns, please feel free to reach us on mentalhealth@projectmumbai.org



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