



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

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TESTING SEASON IS UPON US AND ALTHOUGH IT CAN BE STRESSFUL, REMEMBER, YOU'VE PREPARED FOR THIS!

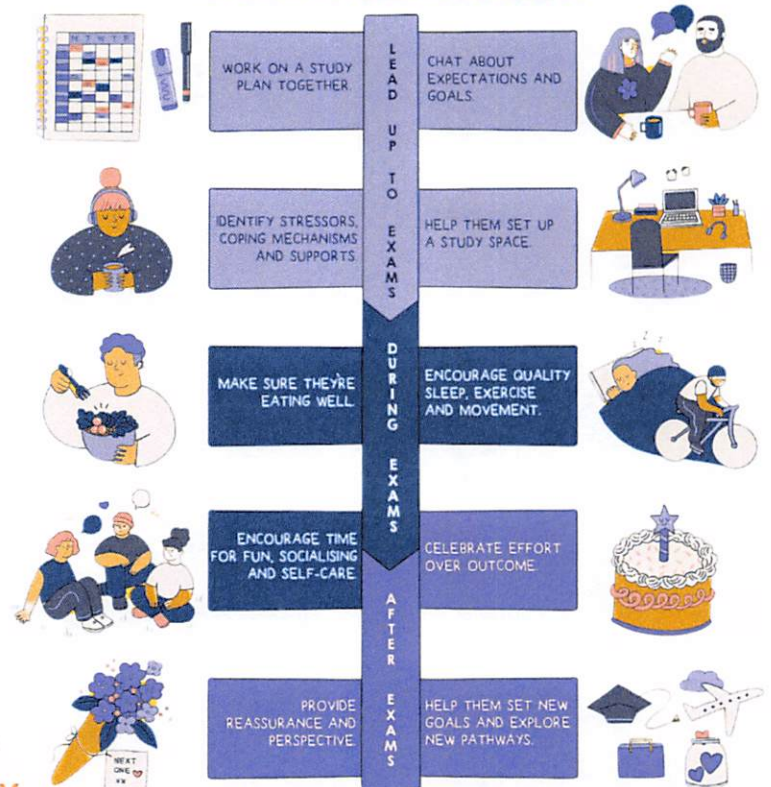
Here are some quick tips to help you stay calm and focused:

1. **Breathe Deeply:** If you start to feel overwhelmed, take slow, deep breaths. It helps calm your mind and body.
2. **Take Breaks:** During long study sessions, give yourself short breaks to recharge.
3. **Get Enough Sleep:** A well-rested brain works better. Aim for 7-8 hours of sleep each night.
4. **Eat Well:** Nutritious meals and snacks fuel your brain, avoid too much sugar or caffeine.
5. **Stay Positive:** Replace negative thoughts with positive affirmations. Remind yourself, "I've got this!"
6. **Stay Organized:** Keep your study materials and schedule in order to avoid last-minute stress.
7. **Ask for Help:** If you're stuck or stressed, reach out to teachers, friends, or family.

REMEMBER, TESTS ARE JUST ONE MEASURE OF YOUR ABILITIES—THEY DON'T DEFINE YOU. BELIEVE IN YOURSELF AND GIVE IT YOUR BEST SHOT. GOOD LUCK!



PRACTICAL STRATEGIES FOR MANAGING EXAM STRESS



YOU CAN DO IT

RESOURCES

- [Khan Academy's Test-Taking Tips](#) Offers strategies for effective studying and test-taking techniques.
- [MindShift CBT](#) - An app designed to help students manage anxiety and stress using Cognitive Behavioral Therapy (CBT) methods.
- [Understood.org](#) - Provides resources for students who experience stress and learning difficulties.
- [Quizlet](#) - Useful for creating study sets and flashcards, helping you review material efficiently.
- [Headspace](#) - A meditation app that offers guided exercises to help reduce stress and improve focus.