



# BEAT EXAM STRESS

Tips to Stay Healthy in College

If you are feeling overwhelmed by the stress of mid-term or final exams, you are not alone. Being stressed at testing time is practically a fact of life on college and university campuses. Stress is good if it motivates you, but it is bad if it wears you down. Bad stress can cause changes in your body that affects your overall physical, mental, and emotional health.

Limiting stress by taking good care of your body and mind can make a difference in how well you are able to prepare for your exams. Exercising, eating right, getting enough rest and relaxing will help you do better and feel better as you prepare for exam season. Caring for yourself may take a little extra time, but you will feel better getting through the process. Here are a few tips to help you survive exam-time stress.

**EXERCISE:** Make time to get up and get moving. Hit the gym, go for a run, or perhaps dance—**whatever gets your blood pumping**. Even a brisk 15-minute walk can help you to de-stress.

#### **Benefits of Exercise:**

- Elevates mood and reduces stress
- Increases energy levels
- Improves appearance
- Increases alertness and creativity
- Improves overall mental and physical well-being
- Helps you to relax, clears your head and focuses your thoughts



#### **EAT HEALTHY:**

Take time to eat healthy meals and snacks that include fruits and veggies, carbs and proteins, **not just coffee or a candy bar and a bag of chips**. Drink at least

8 glasses of water a day to prevent dehydration. Limit

your alcohol intake. Avoid excessive amounts of caffeine. Caffeine dehydrates you, and in excess, may produce confusion and even disorganization of your thought processes.

#### **Benefits of Healthy Eating:**

- Improves your ability to learn
- Helps you to remember information
- Leads to your body having more energy



# STAY HEALTHY...



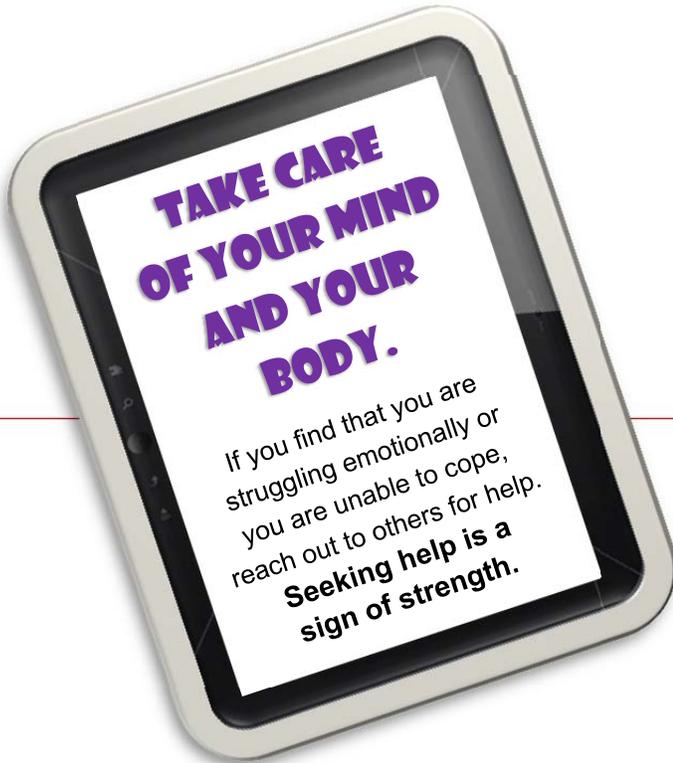
## **SLEEP:**

Regular and restful sleep, at least 7-9 hours, is essential for good health. Sleep deprivation can affect important

aspects of your mind and body. Though you might fall asleep faster, limit alcohol consumption. It can disturb your sleep and your body will not be as rested.

### Benefits of Rest:

- Improves mood, energy, ability to learn, attention, memory
- Helps you feel less stressed and even helps you to maintain a healthy diet
- Improves judgment, reaction time and efficiency
- Builds resistance to illness



## **TAKE A BREAK:** Take short study breaks,

especially when you feel stuck. Call a friend, meditate or pray, have a good laugh or cry, watch some TV, listen to music—**do whatever you enjoy.** Keep in mind that



using alcohol or drugs are not the way to go. They can decrease your ability to think clearly. Take

medication only under the supervision of a physician.

### Benefits of Relaxing:

- Gives your mind time to rest and to refresh
- Helps you feel more alert
- Replenishes physical energy
- Reduces anxiety

## **START WITH THE STUDENT HEALTH CENTER OR COUNSELING SERVICE ON CAMPUS FOR HELP.**

Most colleges and universities provide mental health services and, if necessary, can refer you to local providers for longer-term treatment.

Mental Health America of Greater Houston also offers free referrals to help.

To find help, contact us at 713-255-2048 or email [info@mhahouston.org](mailto:info@mhahouston.org) or visit the **FIND HELP** link at [www.mhahouston.org/](http://www.mhahouston.org/).