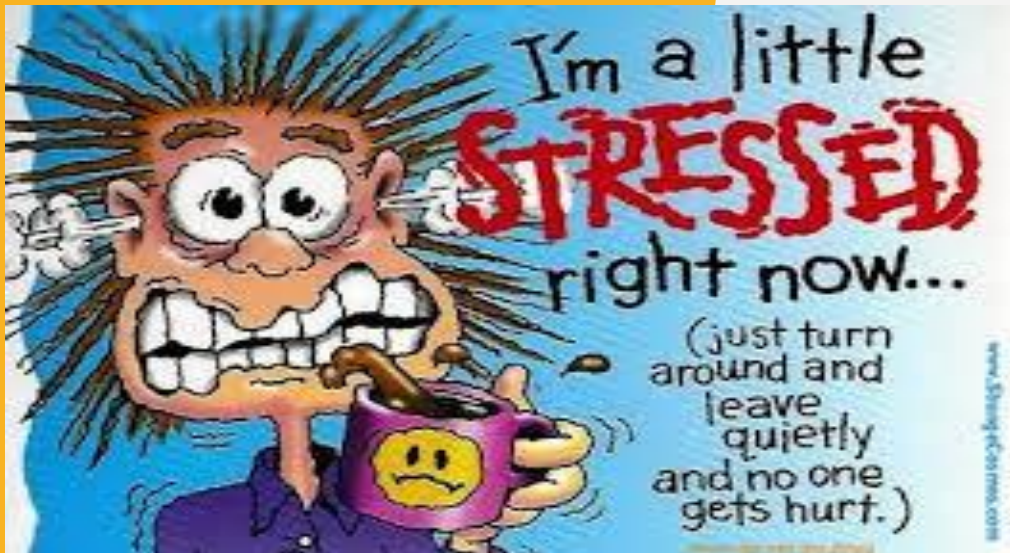


MANAGING EXAM STRESS

YEAR 11

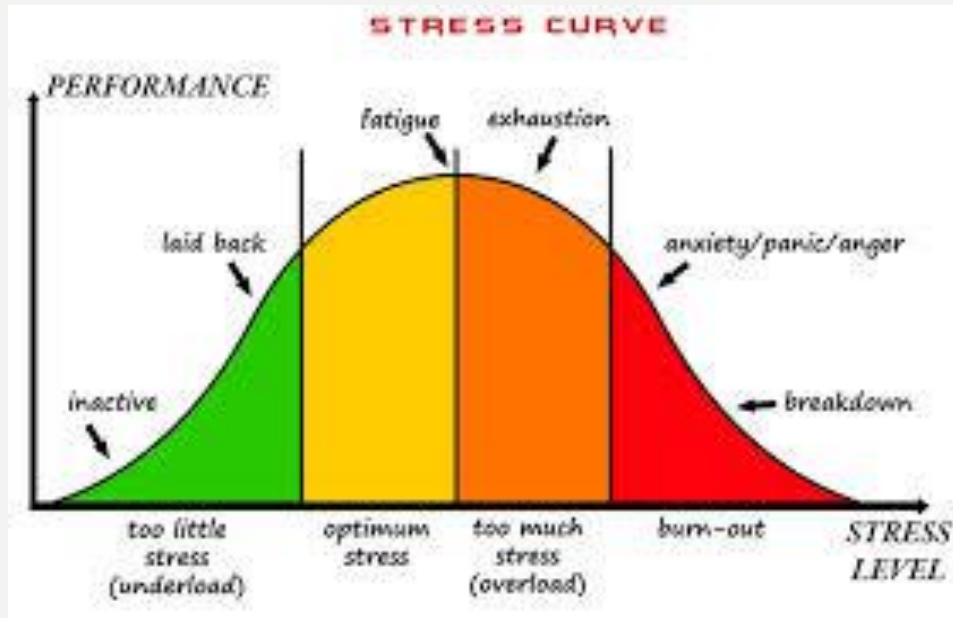


HOW DO YOU KNOW IF YOU'RE STRESSED?

- Memory problems
- Trouble concentrating
- Irritable
- Angry
- Headaches
- Frequent colds
- Problems sleeping
- Loss/increase of appetite.



IS ALL STRESS BAD?



SOME STRESS CAN BE POSITIVE. THIS IS CALLED '**OPTIMUM STRESS**' AND IS THE YELLOW ZONE.

CAN IMPROVE YOUR PERFORMANCE AND MEMORY.

IMPORTANT TO AVOID THE ORANGE AND RED ZONES.

HOW CAN I BE BETTER WITH STRESS: THE GREAT NEWS!



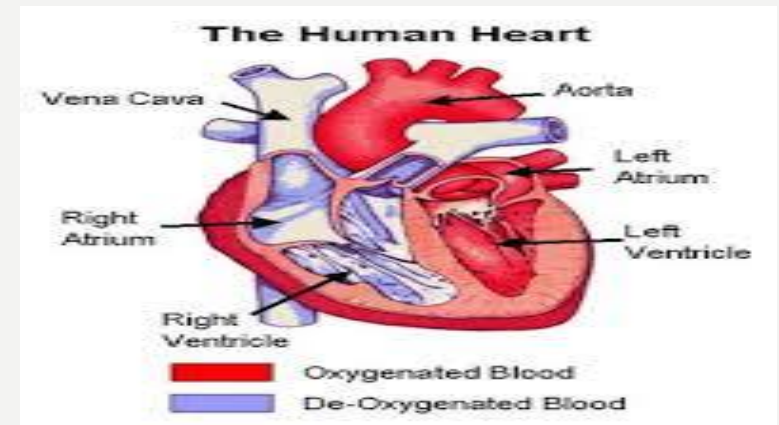
HEALTH
PSYCHOLOGIST KELLY
McGONIGAL

**MAKE STRESS YOUR
FRIEND!**

- **HARVARD STUDY** –
changing your mind about stress
can change your body responses

HARVARD STUDY

- Typical stress response: heart beats faster, more oxygen through your body = blood vessels constrict = **problems to the heart**
- **BUT.....**
- When people in the study saw their stress as HELPFUL, e.g. my heart is beating faster to help me meet this challenge, my breathing is faster to help to get more oxygen to my brain to help my memory = blood vessels stay relaxed



WHAT CAN I DO IF I THINK I'M MOVING TO THE **RED ZONE?**

Slow Down

Listen to music/have a bath

Exercise

Go for a walk/be active

Get Plenty of Rest

Aim for 8 hours sleep

Eat Well

Eat breakfast. Don't skip meals.

Drink plenty of water.

Discuss Your Problems

Talk to parents, a friend or a teacher



WHERE DO YOU WANT TO BE?

FROM
M



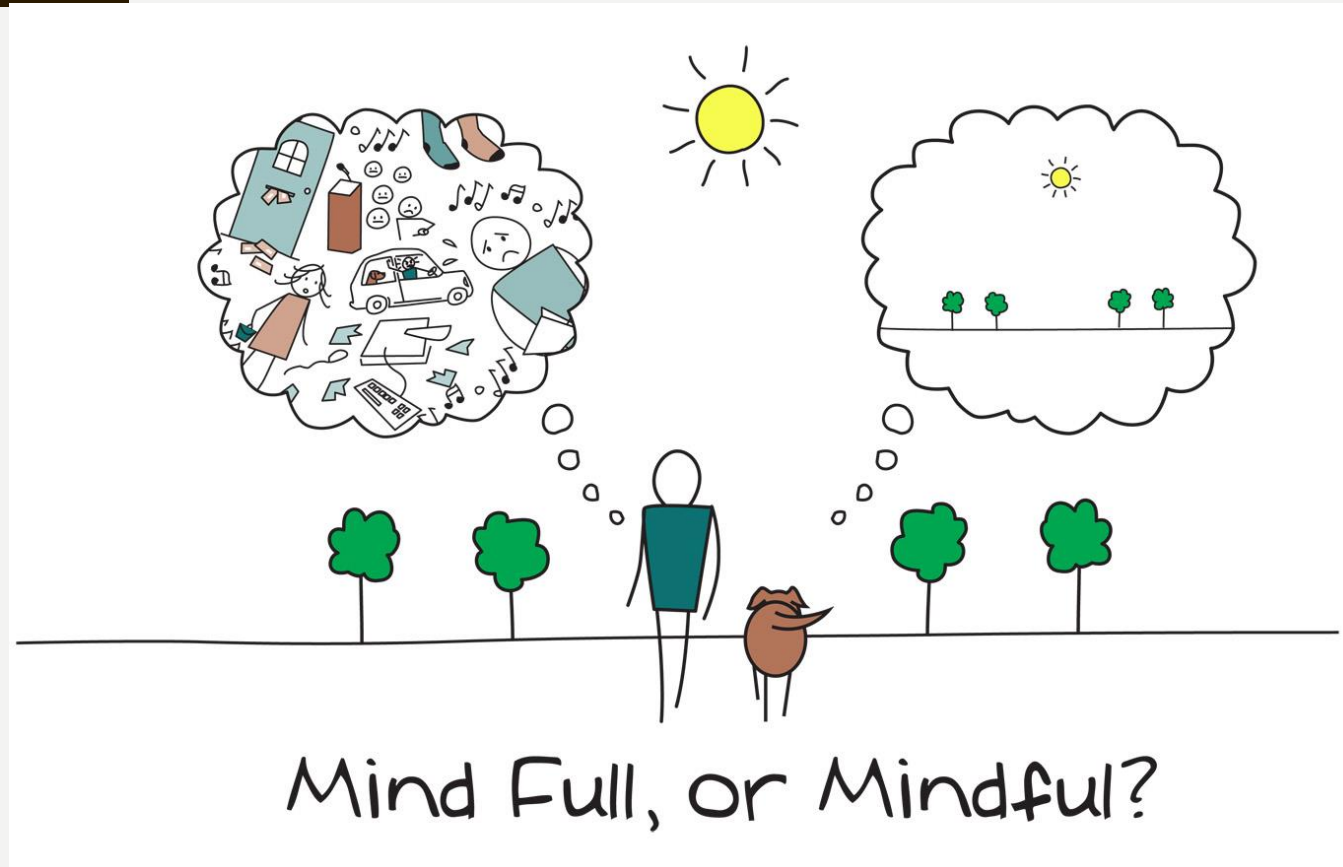
TO



KELLY MCGONIGAL TED TALK:

http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

MINDFULNESS: A TECHNIQUE TO BEAT STRESS



Mindfulness

Definition

Mindfulness is paying attention, on purpose, in the present, and non-judgementally, to the unfolding of experience moment by moment — Jon Kabat-Zinn.

Mindfulness attitudes:

- » Patience
- » Nurturing trust
- » Non-striving
- » Acceptance
- » Letting go

What occupies your attention?

- » The present moment
- » Zoning out
- » Distractions and “multi-tasking”
- » Thinking about the future
- » Thinking about the past



MINDFUL EATING

- When you take the first bite of any meal, just take a moment to really pay attention to the taste.
- Look at the food carefully, feel the textures in your mouth, smell it and notice how your body reacts to it.
- You don't need to keep this up all the way through the meal, but use it every now and then to focus your attention.

1. Choose a piece of food.

Try something like a nut, slice of apple or even a piece of chocolate.

2. look at the food.

Check out the shape, colour and texture.

3. smell the food.

Take in the aroma + notice how it affects you.

4. taste the food.

Place it on your tongue. Notice the response of your salivary glands.

5. bite the food.

Don't eat it one mouthful. notice the chewing sounds + texture on your tongue.

6. chew the food.

Notice the texture changing as you chew it.

7. swallow the food.

Actually take time to notice the sensation of the food as it travels down your throat to your stomach.

8. say the name of the food.

Yep, say it out loud. acknowledge it. be grateful.

9. practice a mindful bite once at every meal.

Set the tone for your meal by turning on your mindfulness with this simple exercise.

mindful
eating
exercise



ZOMT

MINDFUL BRUSHING

- Some things we do so often that we almost don't notice them any more.
- Habits, like brushing your teeth, are usually performed automatically, while the mind skips off to other plans, worries or regrets.
- Instead, try to focus on that chore and really experience it. Notice how the brush moves over your teeth and the taste of the toothpaste.

MINDFUL BRUSHING

Day 4: Brushing your teeth

Minding
the Soul

Breathe deeply several times and clear your mind.

Slowly and carefully brush your teeth, focusing on the practise.

Observe your thoughts, don't interact with them.

The Mindfulness Challenge

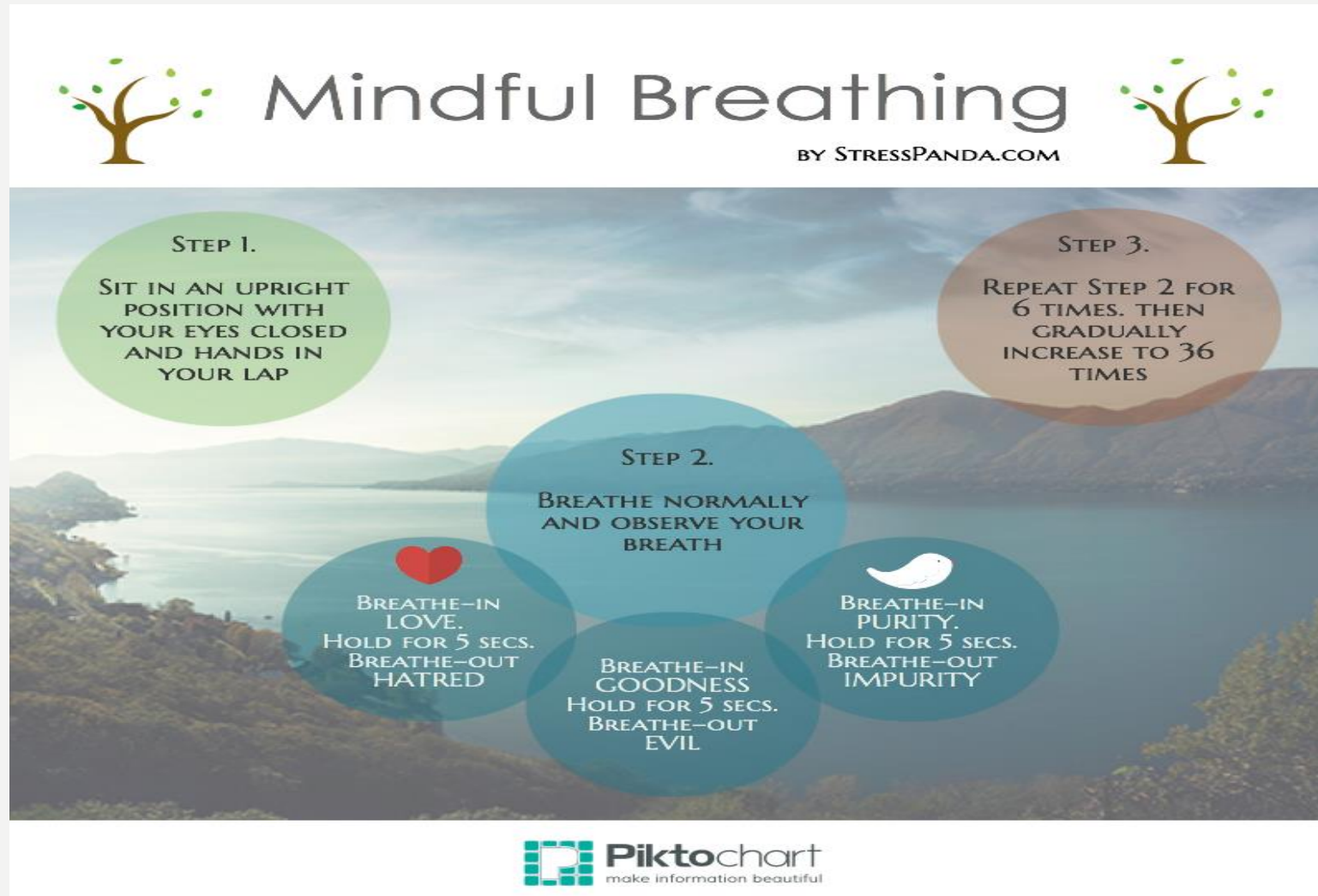
Image Credit: Flickr User - get directly down

Minding the Soul ©

MINDFUL BREATHING

- At any time during the day, take a moment to focus on one breath.
- Breathe in, then breathe out.
- Focus your attention on how this feels, where you notice the air moving, how your chest and abdomen move.

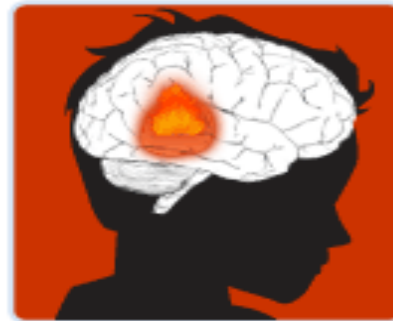
JUST ONE BREATH



WHERE'S THE PROOF?

Life today presents:

- A schedule that is too busy
- Pressure to perform
- Too much media
- Lack of face to face relationships
- Increasing anxiety & depression
- A brain that is in a constant state of Fight or Flight



The Result:

- Decreased efficiency
- Problems with attention
- Impulsive behaviors
- Increased depression and anxiety
- Sleep difficulties
- Social struggles

Mindfulness helps develop:

- Increased stimulation in the prefrontal cortex of the brain
- Better focus and concentration
- Compassion
- Increased sense of calm
- An understanding of how our brain works



The Result:

- Increased focus and performance
- Skillful response to difficult emotions
- Increased empathy and understanding of others
- Natural conflict resolution skills
- Happier, healthier people who can work and learn efficiently



TAKE CONTROL.

