10 Surprising Ways to Beat Exam Stress

1. Listen to Classical Music

Listening to music can create a positive and productive environment by elevating your mood and encouraging you to study more effectively and for longer. Classical music is recommended as the best type of music to boost your brain power but ambient music can work too.

2. Take a Quick Walk

Many students feel as if they should spend their entire time before exams with their books open and their pen poised for action. However, research has proven that exercising such as taking a walk can boost your memory and brain power.

3. Plan your Study Routine

This may not be a big surprise but what is shocking is the amount of students who discount the benefits of creating a personal study plan. With some initial effort, you can become more productive and motivated each day you approach your study by understanding your learning progress.

4. Play with Bubble Wrap & Puppies

Where do puppies come into exam stress? Pets have been found to help you focus while studying but we wouldn't recommend dropping into the library with your pet hamster! Popping bubble wrap is another stress reliever you can save for home study.

5. Try to Get Enough Sleep

For some people, this is something that's always put on the long finger especially if you are trying to get the most out of college life. The benefits of a proper night's sleep can never be underestimated. Most importantly, sleep helps your brain to assimilate new knowledge into your long-term memory so that you can recall it when it comes to test day.

6. Use Mobile Apps

There are tons of mobile apps designed to improve your quality of life. Whether you want to get better organised, improve your mental arithmetic or work on your English language skills, there's an app for that.

7. Give Your Mind Space

Meditation is one of the most effective ways to take a break and see your stress from a different perspective. Practicing meditation is another way to maintain focus while improving both mental and physical health to reduce pre-exam stress.

8. Eating Dark Chocolate

Believe it or not this is 100% true. Eating dark chocolate which is over 70% cocoa fights the stress hormone cortisol and has an overall relaxing effect on the body. Plus chocolate releases endorphins which act as a natural stress fighter.

9. Let it All Out

Sometimes you just need to talk to someone, other times you need to shout it from the rooftop or scream from the top of your lungs. Figure out what you're feeling and then let it out. Speaking to a family member or friend can highlight the bigger picture for you and empower you to rise above the exam stress.

10. Break Free from Distractions

I bet you don't even realise the number of times you check Facebook, Instagram or whatever your vice is? When you add it all up together, it amounts to a significant waste of time. It can be hard to detach from your life outside of studying but keeping the end goal and timeframe in mind will ease the process.

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