Christmas Stress Busters!

inspire
students
wellbeing matters

Christmas can be a mixture of pleasure and panic if the Christmas period is overshadowed with looming exams in January. When it feels like the Christmas spirit is beginning to run-out, try relieving the burden using the following tips;

Be prepared: The more prepared you are the better. Create a list of topics to study and tick off the these topics as you go. This provides a sense of mastery and you'll feel more relaxed on the big day.

Giving back: Why not take advantage of having some spare time over Christmas, and do something nice for someone else? From just a few hours—volunteering is a great way to help people, gain new skills and meet others. It can also reduce stress and give your mood a boost.

Take a hike: Getting some light exercise makes you feel better physically and lightens the mood. Taking a winter stroll and breathing in some fresh air breaks up the day and you won't feel so confined.

Take a deep breath: When we're stressed we tend to tense up and breathe in short gasps which, means we aren't properly oxygenated. Find a quiet spot to take a mindful moment and breathe rhythmically deeply, slowly in through your nose and out through the mouth, repeat a few sequences to restore a state of calm.

Drop the Pressure: Keep study expectations for the Christmas break manageable. Ease off the perfectionism, schedule moments to pause and relax. Short breaks between working can help you switch off. But longer breaks are important too. Make time for fun and for yourself even if this means that you have to schedule time away from studying. Spending time with people and having quality time with them is what's good at Christmas.

If things do get too much for you, don't be afraid to ask for help. Whether talking to friends, family or an Inspire counsellor, getting things out in the open can help put things into perspective.