A photograph of a young woman with long brown hair, wearing a black shirt and a yellow lanyard, sitting at a desk in a classroom. She is looking down at a clear plastic basket filled with colorful markers. In the background, other students are visible at their desks, and a whiteboard is partially seen. The right side of the image is overlaid with a purple and pink zigzag pattern.

The HNC Student Guide to Stress Management

Educate | Enrich | Enlighten

Introduction

Throughout Stress Awareness Month, students from across HNC have been sharing their best stress busting tips. As we head into exam season, it's more important than ever that we look after ourselves and each other, and these helpful, student-led tips for managing stress are tried and tested!



Our stress busting tips...

Plan revision using a timetable

Take deep breaths; if you can remove yourself from the situation, take time for yourself and be easier on yourself

Give yourself time to rest

Spend time with your friends and family, and doing things you enjoy

Keep a good routine

Go on a walk

Go to the gym/stay active

Drink plenty of water

Try to tackle what you're stressed about even a tiny bit as, completely ignoring it will make you more stressed but just doing something small towards that thing e.g. looking over lesson notes for a lesson can make it feel more manageable once you've started

Talk to others and take time for yourself



Don't forget that you can access a range of support here at College, from exam and revision support via our LSC team, to emotional and physical wellbeing support via the student wellbeing team.


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