

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!



typs...

Give yourself time to rest

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

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

Keep a good routine

Go to the gym/stay active

Drink plenty of water

Talk to others and take time for yourself

Go on a walk

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

Make sure you are eating enough and get enough sleep

> **Either ask for support** from peers or teachers or use free periods to keep up to date on tasks

Meditate for 15 minutes after waking up

Journalling is good for keeping calm

Spend time with your dog (other pets are available!)

Try some

Listen to music

Try breathing techniques

Boxing and running can help to relieve stress

Try

Take a bath

Write a to do list and separate it into what is a must, what you can wait to do and what you can do later so you can feel better at managing time and not putting too much pressure on yourself

mindfulness

Prayer can be helpful

Have a calendar to keep up with things

Take time off social media and electronics

Take advice from parents/ carers/friends Don't overthink and work on things and situations slowly so that you don't stress about it too much

Choose some of your favourite things to unwind or do something that you enjoy

Self-care and having a

routine that gets you into bed early - late nights can

make you more stressed

Logical thinking and resolutive ideas

yoga

Take breaks from revision

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.

Take a ten minute break from revision to talk to someone you trust about how you feel so that you go back refreshed

> Come up with a plan for the week's work and other activities - maintain a good balance between the two

Balance out your time, don't leave things Don't forget that you until the last minute

HNC New Hey Road Huddersfield HD3 4GL



info@huddnewcoll.ac.uk

www.huddnewcoll.ac.uk

www.facebook.com/huddnewcoll

