

The secret to reducing stress during the exam season for the sons

There are very simple ways to help relieve stress to complete your test better.

This time is the sprint time of high school students, this is an important time to revise your knowledge and it is time to decide on your future, it is these things that make the knights avoid the anxiety and stress and when the mood is unstable, you will not be effective in exam preparation, not good test.

To help you feel good and practice well, some of the following helpful but helpful tips will help you reduce stress in this exam season.

1. No exam preparation during the night, please get enough sleep



Many students have a habit of reviewing songs until 3-4 am, because this time is quiet enough for review. But this is an extremely harmful and anti-scientific habit, because if you stay up all night often your body will feel tired, lose strength the next morning, this will make you feel more tired. . So, sleep is very important to your health and helps relieve stress, make sure you get enough sleep every day for 7-8 hours / night so your body can regain strength after A long day of brain activity, let them rest and relax so you can review well the next day.

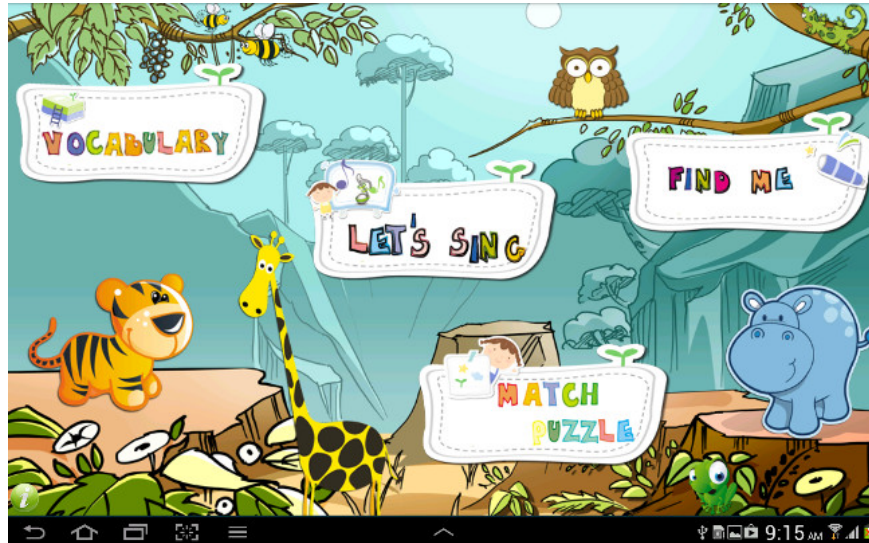
2. Do not study for too long



Learning for a long time will make your eyes become tired, and sitting too long in a position will make you feel dull. If you study continuously for a long time, you may be "over-knowledge" because your brain is overloaded, making you uninterested in doing lessons, getting into a state of stress by too much knowledge.

Now get up and walk outside to breathe fresh air and relax a little to regain your learning spirit. You can also listen to a song you love or hang out with friends, have a snack, exercise and make a cup of tea. Let your eyes rest for a few minutes. After the break, you will find you feel better and energized to continue your studies. Only when you feel most comfortable can the brain function effectively.

3. Learn to play



This way of learning will be extremely interesting, helping you both relax and remember knowledge easily.

When you join a group class, instead of each person sitting in a study place, organize a game to see who remembers more knowledge is a good way to study. Or you can try some intellectual games on the Internet that will make learning much easier.

Learning while playing will create a feeling of fun, excitement, help you feel relaxed and easily absorb knowledge in different ways.

4. Make a plan for revision



Learning will be easier and more specific if you plan early. A science study plan can help you be more proactive in learning and achieve higher results while reviewing, especially it does not make you stressed and think about what I need to learn today. What when the exam days are close.

5. Close your eyes and breathe deeply



This is a way to help you regain calm and relax very well. Whenever you feel anxious, close your eyes and take a deep breath to adjust your breathing to help you feel more comfortable and confident.

This is also quite helpful when you are in the exam room. It will help you get less nervous and get the best spirit when doing the lesson.

6. Take care of yourself with healthy food



When you are trying to work late at night, taking advantage of any of your little time to study, energize your body properly. You may not know that chips, ice cream, biscuits and other processed foods will only make you upset or heartburn. When eating these foods, your blood sugar level will skyrocket, making you feel sluggish and slow. Ignore such foods and choose for yourself fresh milk or yogurt, nuts, or nutritious fruits.

Keep the crystal very comfortable, hopefully you can review it most effectively.

You finished reading the article "**The secret to reducing stress during the exam season for the sons**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.