The stress during exams: strategies to avoid exhaustion

Every student who wishes great achivements in life will knock against stress from the unavoidable period of exams. They are conscious that their future depends largely of succesfully passing their first truly important that they are confrunting. They have to remember that stress apears with a reason and they can choose using it against them or to improve theirselves. For fighting against stress during exams the first thing teen have to do is understanding the reasons behind this abundant anxiety. Reasons could be: low motivation, lack of education and training, waitings from the ohers and competition.

Here are few solutions in order to win against stress:

- Create your own study plan. A study plan is some kind of a schedule where you introduce the time you alloc to studying, free time and what you expect to learn depending on the day. You can imagine it is a sort of calendar that helps you get where you want. When you start learning from the right period of time, you'll spare yourself the stress of not having enough time. The sooner you start, more free time on a day you'll have. Take breaks often in order to relax. It's useless to learn very many hours without any breaks. Though the illusion that you have studied the entire content and that you have memorized everything, is extremely apealing, the reality shows otherwise.
- Go out for quick walks. Reasearches proved that walking or walking on fast steps can improve your memory.
- Stay away from the things that distract you. Have you ever asked yourself how much time you are wasting checking your account on Facebook, Instagram, Snapchat, etc. ?
- On the day of exam, think positive and feel well! There are plenty of studies that included positive thinking as a mechanism in experiments and the effects have been observed. It's up to you what thoughts you implant in your brain.

If you really want to do something, you'll find a way; if not, you'll find an excuse.'