Positive self-talk and moving your body are a few ways to fight off stress during VCE exams. (iStock)

Help fight exam stress

Here are a few suggestions to combat feelings of stress during exam time:

- Positive self-talk: using negative language with yourself is neither beneficial nor deserved. Make an effort to recognise how much work you're putting in and allow yourself to see how well you're doing. You have worked hard to get this far, and a few weeks of study and exams won't undo all of it. Try to think of five things that you're proud of yourself for doing either in or outside of your school life and reiterate that you're capable of what you want to achieve. Visualise yourself doing well in your exams and receiving positive news when results are released.
- Use some tangible grounding tools: have a cup of tea, play with your pet or scribble in an adult colouring book. It's okay to forget about exams for a while. In fact, it's beneficial to spend some time after you study to allow the information to consolidate in your brain, so pick up a book or make yourself a snack and keep your mind occupied for a moment.
- Move your body: get the blood flowing! Whether you put on your favorite dance playlist and boogie around your room for a while, do some yoga or go for a stroll with a friend, getting active will refresh not only your body but your mind as well.
  It will also assist in creating and releasing endorphins to improve your mood and relieve feelings of stress.

MacKillop College wishes all our VCE students the best of luck in their exams!

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