



Emotional
Library

FROM THE DESK OF STUDENT COUNSELLING CELL

Dear
students,

Just to let you all know.....

UPES COLLEGE PERSONAL COUNSELING & PSYCHOLOGICAL SERVICES-
Has shifted in the basement next to the infirmary.

Sharing Tips for Minimizing Exam Stress

Avoid late night revisions. Work on your most difficult sections during your 'peak' study hours.

- Revising with friends - splitting responsibility for obtaining photocopies and revision notes can save a lot of time.

Try to get enough sleep, tiredness promotes anxiety.

Study always in quiet area away from noises and people.

Make a 'to do' list before each study session.

- Breaking tasks down into small and manageable tasks will make it less overwhelming.

Don't get distracted by the phone or emails.

Make sure you spend some time relaxing and having fun.

- Eat right to beat stress avoid junk food Cut down on table salt and other sources of sodium.

Drink only moderate amount of coffee and tea and remember that caffeine is present in both.

Caffeine and nicotine increases stress

You should take eight big glasses of water daily. This helps to flush waste products out of the body.

Eat food rich in potassium like oranges and bananas.

Busy and working hard towards your end semester Exams. **GOOD LUCK!**

Very important ...

Drive slowly start, wear helmet, give yourself cushion time to reach safely and in time....



Quickest and most effective way of eliminating stress is to shut down your eyes and take deep breaths.

- Avoid people who create panic. It can be contagious!
- Try not to discuss papers after each exam as this can increase the anxiety level and affect your next papers.
- Visualize Positive things and have positive attitude before going to examination hall.

Never fear exams, avoid panic and do not worry about your results.

Take care....

All the Best & do well.

Give your best shots and move on

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