



With Easter behind us and the summer fast approaching this signifies the beginning of **Exam Season** for many Channel Island Students.

Whether you're sitting your GCSE's, A levels or a university degree, whether you're 16 or 60 exam nerves and stress affect all of us.

Find out how you can minimise the stress known as exam stress and how you can avoid the pitfalls and keep going through such a demanding time.

Mark Shields Author and Coach and Tracey Baum of Life Practice Jersey Explain

The beginning of the summer term heralds for many the onset of the exam season. For some this is time filled with excitement and anticipation, the completion of a course or a period of study leading to next phase. For others it is a time filled with terror and fear as the dreaded exam stresses loom. For these people the thought of taking an exam switches on the 'fight or flight' response within them and they can be reduced to a shaking quivering personification of their normal selves.

What is Stress?

Not all stress is bad for us. In fact we need a certain amount of it in our lives to keep us active, it's just part of modern-day living and we manage to push forward and get on with things. It can motivate us and gee us up. But sometimes when we experience a feeling being overwhelmed for a longer period of time, stress is then truly emotionally, psychologically and physically damaging and difficult to live with.

The Health and Safety Executive defines Stress as "The adverse reaction people have to excessive pressure or other types of demands placed on them. It is the body's natural response to a demanding situation.

How can you recognise if you're suffering from stress?

These are some of the stress indicators that may show if you're prone to suffering from stress.

- Difficulty in sleeping, either in getting to sleep, getting enough sleep or difficulty in waking up
- Always feeling tired or fatigued
- Forgetfulness, you may have revised for several hours but have difficulty in remembering what have read.
- Poor appetite
- Increased occurrence of migraines or headaches
- Dizziness
- Blurred vision
- Increased agitation / anxiety
- Palpitations, raised heart rate or periods of hyperventilation
- Loss of interest in outside activities
- Social isolation

This is certainly not an exhaustive list but if you can identify with 3 or more of these then it is probable that some stress relief would be beneficial to you.

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