



SCHOOL STRESS



Some **SCHOOL STRESS** can improve problem solving skills and build resilience, but sometimes it can become overwhelming.

8 out of 10 students reported that feeling stressed impacted their study.

2 out of 3 young people have concerning amounts of exam stress.

"Strike your way in those storms that are meant to nail you down." Halima, 23

"Keeping a routine is important." Gen, 17

WHAT CAN I DO?

- Prepare a study plan and goals daily or weekly.
- If working – talk to your employer if your work/study balance is off.
- Practice your relaxation strategies.
- Eat well, take study breaks, and still spend time for other life commitments.
- Ask for help when you need it.
- Exercise and get a good nights rest.

