

Easy Stress Busters

for mild anxiety and stress during examinations



Positive thinking

practice positive thinking with the help of an app



MindShift



Think Up



Thought Diary



Happify

Try Rescue Remedy™
an all natural product



See Flossie therapy dog

Reduce



caffeine intake



Find out which drinks contain caffeine: you'll be surprised

Lavender Oil

calms



Meditate

Take deep breaths



practice focussing and calming the mind

Shift your focus

imagine a place

YOU

LOVE



ease stress by applying pressure to specific areas on the body



pressure points

Open a window

fresh air makes you feel better



Stay hydrated



Use massage balls

on your feet



releases tight and uncomfortable muscles



Apply a COOL compress

May help ease stress

