

BATTLING
**EXAM
STRESS**
SOME ADVICE FROM
YOUR PEERS

Listen to
music

Make sure
you eat well

When revising,
space it out,
don't do it
all at one

Go with
the flow!

Don't let negative people drag you down

Be **BRAVE**
don't
give up!

Don't
overwork
yourself!

Talk to
someone!
Don't suffer
in silence.

Get enough
sleep!

Get fresh
air

Believe in yourself

You're better
than you think

Keep
focus

Try your **BEST**

Look after
each other

