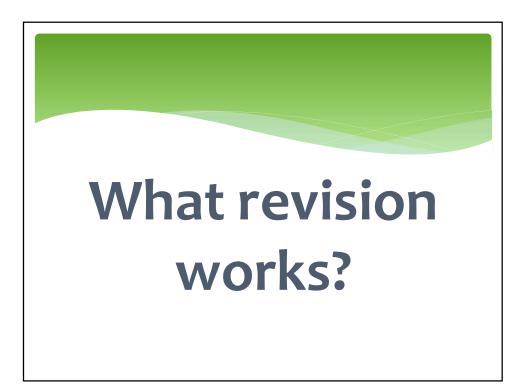




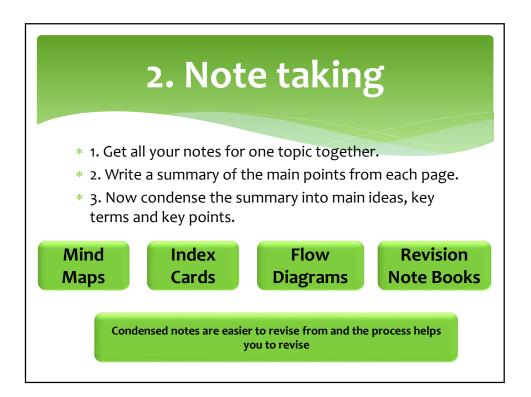
Maal Danianian					
week beginning:					
	Period 6	After School (3.30 – 4.15)	After School (4.15 – 5.00)	Session 3 (7.00 – 7.45)	Session 4 (8.00 – 8.4
Mandau		Subject: English	Subject:	Subject:	Subject:
Monday		Topic: Symbolism of the house in Jekyll and Hyde	Topic:	Topic:	Topic:
		Subject:	Subject:	Subject:	Subject:
Tuesday		10 TEN	N		
		Topic:	Topic:	Topic:	Topic:
		Subject:	Subject:		
Wednesday		Tania	Tania	Football Training	Football Training
		Topic:	Topic:		
				Subject:	Subject:
Thursday		Mrs Roberts Maths	Mr Lines English	~	
				Topic:	Topic:
		Subject:	Subject:		Subject:
Friday		Topic:	Topic:	Gym	Topic:
		10			
		(10.15 – 11.00) Subject:	(11.30 – 12.15) Subject:	(3.30 – 4.15) Subject:	(4.45 – 5.30) Subject:
Saturday			8. 705		
		Topic:	Topic:	Topic:	Topic:
			(3.30 – 4.15) Subject:	(4.45 – 5.30) Subject:	
Sunday		Football Match or Training	Subject:	Subject.	Planning Session
		_	Topic:	Topic:	-

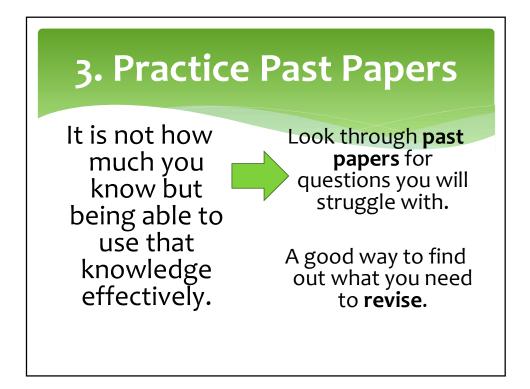






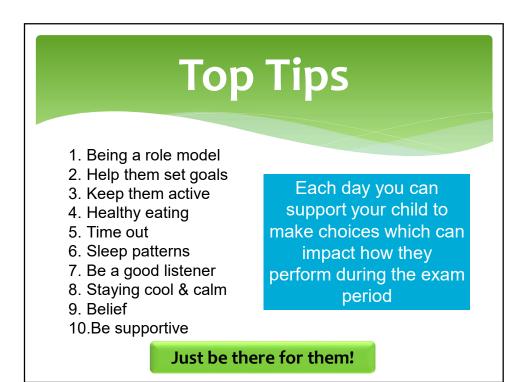












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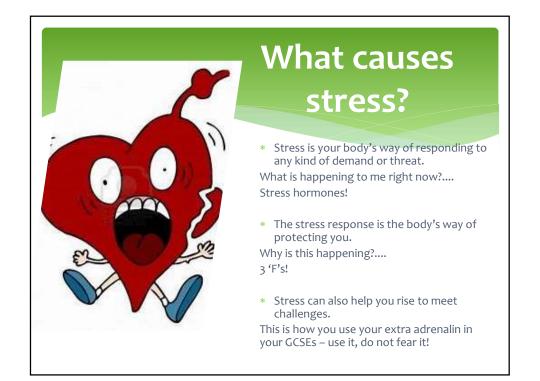


## Stress – what is it?

There are many definitions for the word 'stress' but we will be looking at the definition below...

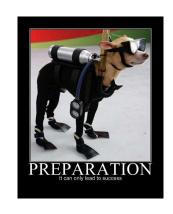
'a state of mental or emotional strain or tension resulting from adverse or demanding circumstances'.





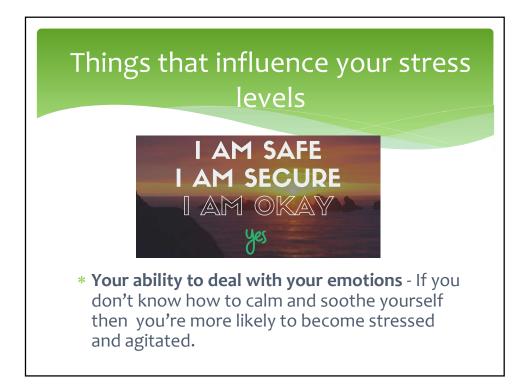
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# Things that influence your stress levels



\* Your sense of control - If you have confidence in yourself and your ability to influence events and persevere through challenges, it's easier to take stress in stride.

# Things that influence your stress<br/>levelsIsom the stressIsom the stressIsom the stressIsom the stressIsom the stressIsom the stressIsom the stress





# How can you reduce your stress levels during exam time?

- \* 1. Time management
- \* 2. Sleep!
- \* 3. Eat!
- \* 4. Exercise!
- If you panic in an exam go to your exam ritual

### Prepare – Time management



Plan your revision – use a revision TT. If confused or need help speak to your tutor

Revise so that you know your stuff and that you feel confident. This will help with your positive mind-set going in to your exams

Practice your exam techniques – repetition makes perfect, condensing notes repeatedly for revision, traffic light your topics for each subject

## How can you reduce your stress levels during exam time? - sleep



Chronic stress can disrupt your sleep. Whether you're having trouble falling asleep or staying asleep at night, there are plenty of ways to improve your sleep so you feel less stressed



How can you reduce your stress levels during exam time? - eat

The food you eat can improve or worsen your mood and affect your ability to cope with life's stressors.

### How can you reduce your stress levels during exam time? - exercise



Upping your activity level is something you can do right now to help relieve stress and start to feel better. Regular exercise can lift your mood and serve as a distraction from worries.

