

# **Mastering the Art of Learning: Managing Stress in Learning**

## **1. Definition of Stress:**

- Stress is a subjective feeling. When a person is facing internal or external demands and fails to cope, they may feel unwell physically and mentally (i.e. feel stressed).
- An appropriate level of stress can motivate improvement, develop our potentials and promote personal growth. However, excessive stress may affect our physical and psychosocial health.



## **2. Sources of stress:**

School life, family life, peer relationship and personal matters

## **3. Impact of stress on individuals:**

- "Physical" - loss of appetite, sweaty palms, increased heart rate, headaches, stomach pain, insomnia, etc.
- "Behavioural" - crying, loss of temper, decline in academic performance, avoiding problems, etc.
- "Psychological and Mental" - anxiety, depression, emotional fluctuations, absentminded, losing focus, etc.

## **4. Tips for coping with exam stress:**

### **i. Before the exam:**

- Sufficient preparation
- Maintain a healthy body and mind



### **ii. During the exam:**

- Answer the questions that you are confident with first
- Focus and concentrate
- Take deep breaths if feeling overly nervous

### **iii. After the exam:**

- Avoid checking the answers or discussing the "results"
- Adequate rest

**5. Attitude towards exam:**

- Do not regard your classmates as "enemies"
- "Forgetting what is behind and straining toward what is ahead."
- Remain humble in victory, undeterred in defeat

**6. Tips to relieve stress:**

- Muscle relaxation exercise
- Diaphragmatic breathing exercise
- Other relaxation methods

**7. Students are recommended to seek help if stress cannot be relieved, and symptoms persistently affect daily life.**