



# STRESSED?

Here are some good ways to relieve stress in your life:

1. **Get some exercise at least 3 times a week.**
2. **Get adequate sleep - most people need about 8 hours of sleep per night.**
3. **Talk things over with a friend - verbalizing our responsibilities helps put them into perspective.**
4. **Do something you love! Make time in your schedule to do the things you enjoy doing.**
5. **Live one day at a time - many of the things we worry about never happen!**
6. **Don't procrastinate - waiting to the last minute causes more stress.**
7. **Set a time limit on your worries - refuse to let worrying consume your day.**
8. **Learn to say "no" if you tend to take on too much.**
9. **Eat healthy & regularly (avoid junk food & caffeine when you're stressed).**
10. **Laugh as much as you can!**

## Helpful Study Tips:

- Plan ahead (and don't procrastinate!) so that you can avoid those stressful "all-nighter" study sessions.
- For maximum retention, study for 20 minutes at a time; then take a 5-minute break.
- Study difficult (or boring) subjects first.
- Be aware of the best time of day for you to study (a time when you are best able to focus and concentrate).
- Choose a regular place to study.
- Study in a quiet place where you can concentrate.
- Notice how others misuse time and try to avoid making the same mistakes.

## Easy Strategies to Raise Test Scores:

- As soon as you get a test, quickly jot down from memory any relevant names, dates, or formulas in the margin of the paper.
- Briefly glance over the entire test first.
- Thoroughly read over ALL of the instructions.
- Know how many questions are on the test.
- Know how much time you have to take the test.
- Decide how much time you have to answer each question.
- Understand the penalties for incorrect answers & for answers left blank.
- Answer the easiest questions first...
- ...next, answer the questions which are worth the most points...
- ...then, answer the most difficult questions last.
- On essay tests, read all the questions first.

**Thanks For Listening Today and Remember  
Teen Advisors are always here to help!**

