


STEPS to BOOST YOUR BRAIN POWER



Get Sleep

7 – 8 hours is required to improve concentration and reduce mistakes. Don't study all night before the big test.

Eat Well

*Lots of fruit and vegetables and less fat and sugar is ideal.
Eat moderate amounts at regular times.*

Stay Fit

Physical activity relieves stress and increases circulation to improve brain function. Keep moving!

Tap into the Arts

Strengthen your brain's spatial relationships with painting, crafts, sculpture or woodworking.

Use Your Hands

Strengthen Mind-Hand coordination. Play an instrument. Learn sign language. Play video games (but not all day!)

Do One Thing at a Time

*Don't try to do everything at once. Set priorities.
You'll do things better and remember more.*

Do Something for Someone Else

Take a break from your own worries.

Stay Mentally Alert

Challenge your brain with new learning, poetry, music, chess, word puzzles or read a novel (that's not on your reading list!)

Preventing STRESS with...

STRESS BUSTING STEPS FOR SMART STUDYING

Take steps to overcome problems now.

If you don't understand some of your course material – take action now. See your Prof, TA or get help from your classmates.

Don't try to be perfect.

Keep things in balance. Aim to do your best but be reasonable about the demands you place on yourself.

Believe in yourself.

Excessive worry will not help. If you have taken the time to prepare for the exam, you should do fine.

Don't bottle up your feelings.

Confiding in someone you trust, who will be supportive, is a great way to alleviate stress and worry.

Keep things in perspective. In the big picture of your whole life, exams are only a small part.

***Remember that you are not alone.
Everyone gets anxious with exams.
Learn to manage and relieve your stress.***

*Mental Health Team, Campus Health Centre
McMaster University Student Centre B101, ext.24841
www.mcmaster.ca/health*

Preventing STRESS with

SMART STUDY

7 reasons why studying is better than sex

1. You can usually find someone to do it with.
2. You can do it anywhere without anyone talking about you.
3. If you get tired, you can stop, save your place and pick up where you left off.
4. You can finish early without feelings of guilt or shame.
5. If you don't finish a chapter you won't gain a reputation as a "bookteaser."
6. You won't get embarrassed if your friends or parents catch you.
7. If you are not sure what you're doing, you can always ask your roommate for help!

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To
Effectively
Prevent
Stress
Strategies

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