Eight ways to MANAGE MATRIC EXAM STRESS

A small amount of stress over a short time can motivate you, but too much prolonged stress can have a negative impact. Matric exams are naturally a stressful time, however, with a few practical tips you can learn to better manage your anxiety and worry.

1. Set realistic goals
When you set abstract goals, it’s natural to become demotivated and your expectations aren’t met. Instead, break your goals into smaller, achievable milestones without giving up your vision of the future.

2. Self-belief
Believe in your abilities and your potential to succeed. Your past achievements have contributed to who you are today. Remember that you have worked hard for this moment. If you believe in yourself, you have already succeeded.

3. Be mindful
Try to be present, focusing on the task at hand rather than worrying about the future.

4. Take care of yourself
Get enough sleep, eat healthily, stay hydrated, exercise, get proper rest and take regular breaks. This will help you stay focused and maintain your energy levels.

5. Find a confidant
Talking about your concerns can help you offload stress and gain new perspectives. Talk to someone you trust: a friend, parent, guardian, family member or teacher.

6. Stay positive
Try to look on the bright side. Instead of focusing on what’s wrong, think about what you’ve accomplished and your strengths.

7. Perspective
In the grand scheme of things, your matric results are only a part of your life. Don’t get too caught up in the pressure of achieving perfect grades.

8. Get help
If you find that you need help, seek the guidance of a teacher, family member or professional to help you navigate your stress.

To all Grade 12 learners, good luck for your final exams! You’ve overcome huge challenges this year and you’ve worked really hard to get to this point in your school career. We hope these tips help you better manage your stress, so you can ace these exams. Good luck Class of 2020!