



DAV PUBLIC SCHOOL SECTOR-14GURUGRAM
“DAV WELLNESS”
Monthly Newsletter (September 2019)

Dear Students

Exam Time

Examinations are just around the corner, students and their parents are going overboard with preparation. Long study hours, short breaks and even shorter time to relax is a norm during the exam season. Last minute jitters are normal, but it is crucial to make sure that students keep their cool and prepare judiciously.

Exam Stress:-

Here are ten quick ways to help eliminate exam stress:

- ❖ Watch a film, a TV show or listen to a comedian who makes you laugh.
- ❖ Drink herbal tea or hot chocolate. It is a well known fact that hot drinks soothe the soul (avoid too much caffeine though!)
- ❖ A shower or bath can help relieve stress.
- ❖ Cook or bake something. Just the thought of having something delicious to eat can bring you joy. As a bonus side note, try and cook something healthy. You cannot feed your mind well if you don't feed your body well.
- ❖ Sleep well, ensure an uninterrupted eight-hour sleep each night. While a good night's sleep helps in retention of lessons, humour relieves tension.
- ❖ Keep things in perspective. Yes, exams are important. But you are so much more than your exam results.
- ❖ Avoid the exam 'post - mortem'. You do not need to know how other people fared in the exam. You have done your best, you cannot go back and change your answers. So the second you step out of the exam hall, focus on your next exam.
- ❖ Be flexible- Having a revision time table is one of the best tools in your arsenal for exam success.
- ❖ Time tricks- Take short and quick breaks to refresh and rejuvenate your mind. Play a sport for around half an hour each day to keep yourself fit and active.
- ❖ Avoid study marathon like all night study patterns. Fix the number of pages you want to complete in a fixed time. This will increase your learning speed and concentration level.
- ❖ Take a break every 40 minutes to avoid day- dreaming and boredom.

FOR PARENTS:-

- ❖ **Moral support:-**It is important for parents to spend some light moments with their child. It could be sitting at the dinner table, talking about things other than the exam or planning a holiday after exams. This can have a relaxing effect.
- ❖ **Calm down:** - Anger and fear affect the morale and memory of a child, so be careful about what you say around them. Students who study in a high pressure environment tend to forget what they have already learnt. Share your fears with friends, teachers or counsellors. Using sentences like 'we are with you' is better than saying 'I told you so', or asking 'How much will you score?', etc.
- ❖ **Learn to Listen:** - Take an interest in what your child says and listen to him/her patiently.
- ❖ **Time to Move on:-** After an exam, do not wait to see the question paper and find out what your child has written in the exam. Let the child rest and help them rejuvenate for the next exam. Help them bounce back for the next paper.

Best Foods to Boost your Brain and Memory:-

Fatty Fish, Coffee, Blueberries, Turmeric, Broccoli, Pumpkin seeds, Dark chocolate, Nuts, Oranges, Eggs, Green tea.

PROVE YOURSELF TO YOURSELF NOT OTHERS