**Suggestions about how to reduce stress during the exam period**

**Plan Your Study Time**: Break down your study material into smaller chunks and make a schedule.

**Practice Relaxation Techniques**: Learning relaxation techniques can help calm your mind and body.

**Stay Active**: Physical activity is a great way to reduce stress.

**Get Plenty of Sleep**: Sleep is crucial for your brain to function well. Make sure you get enough sleep each night, especially before exams.

**Eat Healthy Foods**: Eating nutritious foods can help your brain work better and improve your mood.

**Take Breaks**: Don't forget to take breaks while studying. Taking short breaks can help prevent burnout and improve your concentration

**Stay Positive**: Try to maintain a positive attitude towards exams. Instead of focusing on what you don't know, concentrate on what you've already learned.

Remember, everyone feels stressed sometimes, but with these tips, you can manage exam stress and perform your best!