

Revise Effectively – Relax to De-stress (Secondary School Students)



When tests/exams are approaching, many students likely feel anxious. We have prepared 3 toolboxes under this topic “Revise Effectively”.

Here is the first toolbox:



Relax to De-stress



When facing examinations and unanticipated events such as the pandemic, many students may feel stressful and frustrated causing mood swings. Let us try the following strategies to manage own negative emotions and mental stress.

Bear these in mind when selecting which strategies to use:

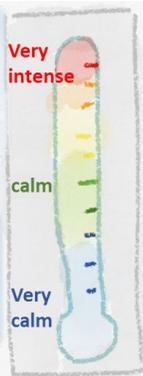
- (1) Ensure personal safety
- (2) Ensure safety of persons nearby
- (3) Ensure safety of property
- (4) Ensure the strategy is acceptable in the situation

Pause a moment
Think things through

Do what you can today
Do not worry about tomorrow

Rest and relax if feeling tired

1 Use "feelings thermometer" to know how you are doing emotionally and to remind yourself to calm down and to find suitable ways to express own emotions



2 Calm down, try deep breathing, count down from 10, drink some water, wash your face, listen to music etc.

3 Express own emotions positively (such as through talking, writing or drawing)

4 Say to yourself words of encouragement

Not to worry, no big deal!

Keep going!



5 Think of a funny experience



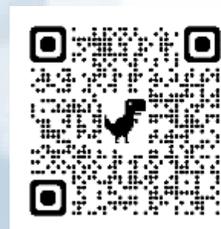
6 Imagine yourself in a calm setting (such as a natural scenery you have visited in the past)



7 Talk to schoolmates/ friends/ teachers/ others in the family and seek their help

8 Practice relaxation exercises

[Breathing Exercise](#)
[Muscle Relaxation](#)
[Video Demonstrations](#)



9 Do some physical exercises



10 Think of pros and cons of different options to solve the problem, select the most appropriate one and to take action

