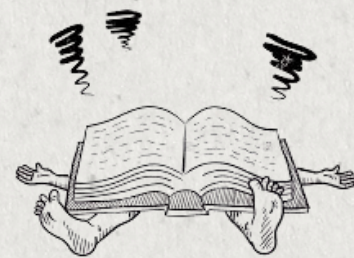





# Well-Being Newsletter

A Monthly Newsletter of Well-Being Club, MPTP, Shirpur    APRIL, 2025

## The Exam Survival Guide: Mastering Stress with Ease!



 Your go-to guide for a stress-free study period! Exams can feel overwhelming, but what if we told you that you could outsmart anxiety instead of letting it control you? Read on for an unconventional approach to staying calm, focused, and in control!







# PROCRASTINATION

## The Hidden Enemy & How To Beat It ?

Ever told yourself, “I’ll start in 5 minutes” — and suddenly it’s midnight?  
You’re not alone!

### Why We Procrastinate & How to Stop It ?

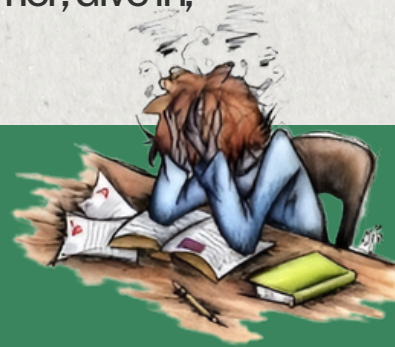
🚩 Your brain avoids discomfort. Studying feels hard, so it tricks you into doing something easier (like scrolling social media). Here’s how to fight back:

✓ **The 2-Minute Rule** – Just start! Tell yourself you’ll study for 2 minutes.

You’ll likely keep going.

✓ **The “Temptation Bundle”** – Pair studying with something you enjoy (e.g., sip your favorite coffee while reviewing notes).

✓ **Win the first 10 minutes.** The hardest part is starting. Set a timer, dive in, and the momentum will take over.



## THE “NO-PANIC” BLUEPRINT



### What if... stress was just a mind game?

Stress isn’t about how tough the exam is — it’s about how you respond to it. Let’s flip the script and turn anxiety into your secret weapon!

#### ◆ The “80/20 Rule” of Studying

80% smart strategy, 20% effort. Focus on high-yield topics — what’s tested the most?

Summarize in one page. If you can’t explain it simply, you don’t understand it yet!

#### ◆ The “No Cram, No Cry” Approach

Teach it to a 5-year-old. If you can make it sound simple, you’ve nailed it!

Memory hacks that actually work: Mnemonics, storytelling, and visual cues work better than rereading notes.

# The Mind Game: Train Your Brain Like An Athlete

 Peak performers don't just practice — they recover!

## "Brain Gym" – Mental Hacks for Super Focus

- ✓ **The 5-Second Rule** – Count down from 5 and start studying. No overthinking!
- ✓ **Sensory Reset** – Chew gum, light a scented candle, or listen to instrumental music to stay sharp.
- ✓ **Study, Then Sleep** – Your brain organizes memories better while you rest!

## Crush Rush Distractions : Become A Study Ninja

 Your phone is the villain. Outsmart it!

## The “Do Not Disturb” Playbook

- ✓ **Put your phone in grayscale mode** – Less dopamine, fewer distractions.
- ✓ **Use the “10-Minute Temptation Delay”** – Tell yourself, “I’ll check my phone in 10 minutes.” You won’t even want to by then.
- ✓ **Block time-wasting apps** – Use apps like “Forest” or “StayFocusd” to cut distractions.



# zzz SLEEP: The Ultimate Study Hack

Think late-night cramming is smart? Think again! Good sleep = better memory + sharper thinking.



## Benefits of 7-8 Hours of Sleep

😴 **Better Retention** – Your brain processes & stores information while you sleep.

🎯 **Faster Recall** – Sleep strengthens neural connections, making it easier to remember what you studied.

⚡ **Improved Focus** – A well-rested brain works 10x better than a sleep-deprived one.

📌 **Pro Tip:** If you're short on time, take a 20-minute power nap instead of forcing yourself to study while exhausted

## 🏃 20 Minutes Of Exercise = A Sharper Brain

No, you don't need a gym membership! Just 20 minutes of movement can improve focus, memory, and stress levels.

## How Exercise Helps You Study Better...?


💡 **Boosts Brain Power** – Physical activity increases blood flow to the brain, improving cognitive function.

🧘 **Reduces Anxiety** – Releases feel-good hormones that lower stress.

🔋 **Increases Energy** – Prevents sluggishness so you stay productive.

📌 **Quick Fix:** Walk while revising notes, do some jumping jacks, or stretch between study sessions

# Fuel Your Brain Like A Champion

 Ever seen an athlete perform without fuel?  
Neither should you!

## Eat for Brainpower

 **Nuts & Seeds** – Boost memory.

 **Dark Chocolate** – Instant focus booster.

 **Water** – Even 1% dehydration can reduce concentration.

## Exam Day: “Keep Calm” Game Plan

### The "Final Hour Ritual"

Breathe. Stretch. Smile. Your brain loves a relaxed mind.

Don't touch new topics. Stick to quick glances at summaries.

Walk into the exam like a pro. Shoulders back, deep breath — own the room!

### For more useful tips:

<https://www.daniel-wong.com/2018/09/10/beat-exam-stress/>

<https://studyhacks.org/managing-exam-stress-with-mindfulness-techniques/>

**For more support, feel free to reach out to our campus  
counsellor: Ms. Kiran**

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**Team Well - Being Club**

