

# De-stress Tips x Exam Countdown 2026

Refresh from Stress – Find Your Calm

MON

TUE

WED

THU

FRI

SAT

SUN

APRIL

20

Map out your exams and topics; create a study plan.



21

Set a realistic study goal; start small and celebrate every step.



22

Practice self-talk: "One step at a time."



23

Protect your sleep: Stop intense study 1 hour before bed.



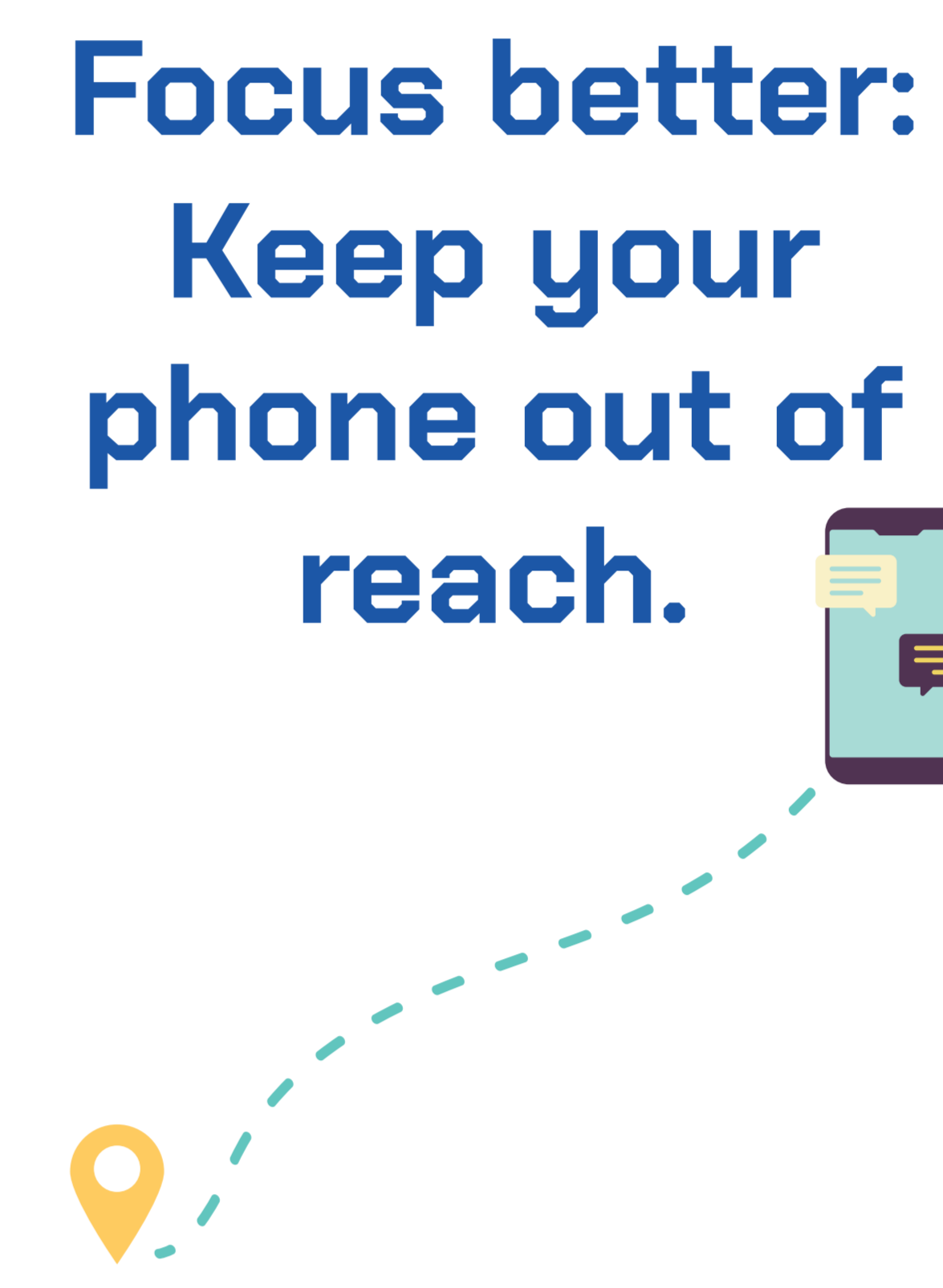
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Lost focus? Be gentle; try again tomorrow.



25

Focus better: Keep your phone out of reach.



26

Sit in sunlight to boost mood naturally.



27

Wipe your workspace; enjoy a fresh, calming ritual.



28

Relax jaw, lower shoulders, soften face; breathe out tension.

29

Change study spot occasionally. New settings refresh focus.



30

Look at distant objects to soothe eye strain.



MAY

1

Make tea; feel the warmth, savor the sip.



2

Hug yourself gently after today's exam. No score-guessing.



3

Decompress gently with a warm shower and music.



4

Shake out arms and legs after a tough exam.



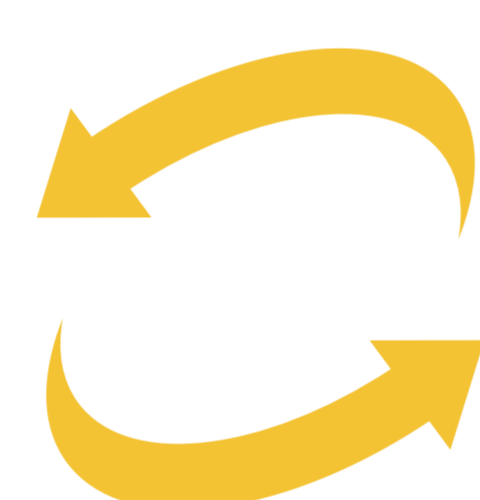
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Anxious? Lean on a friend or counsellor. You're not alone.



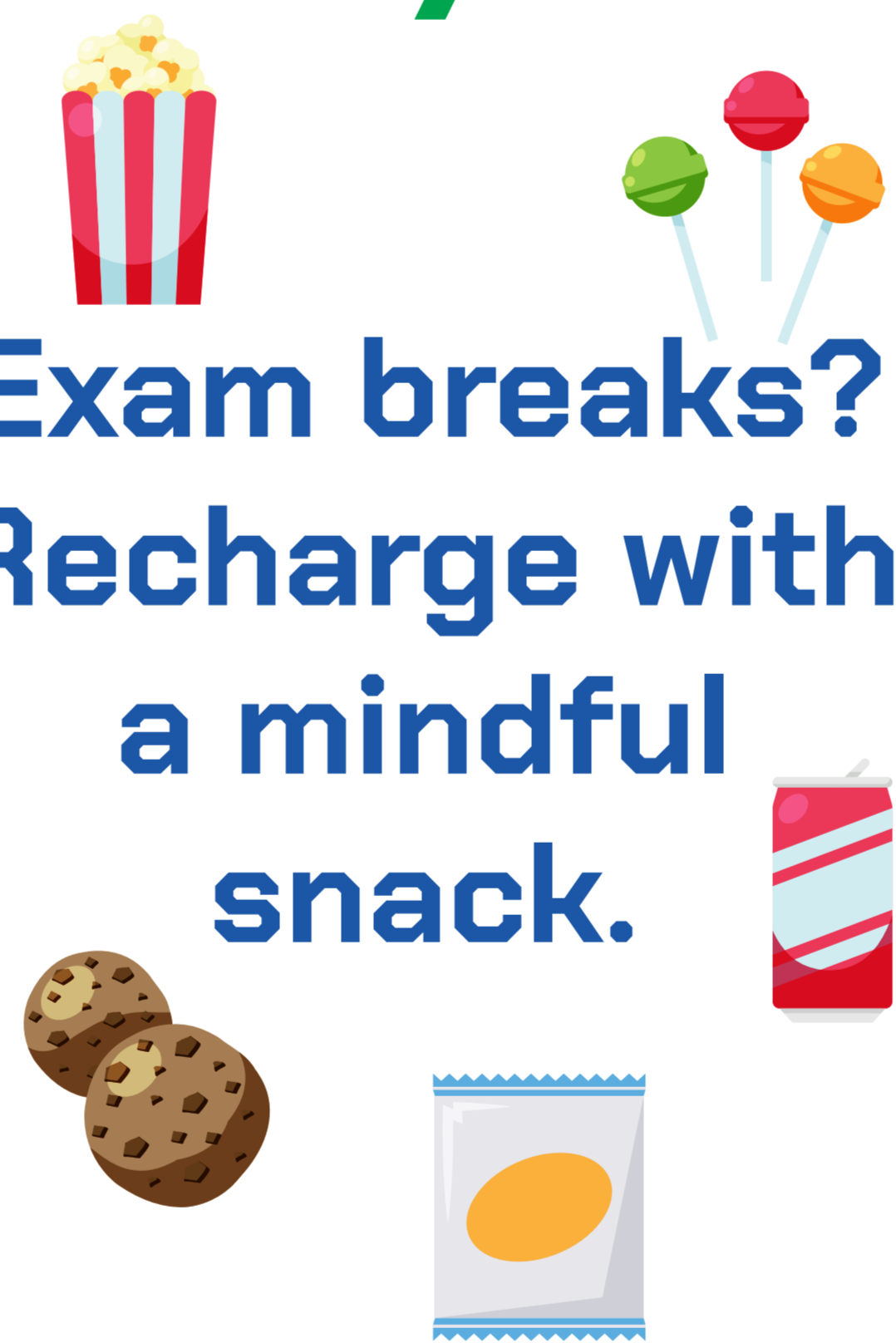
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Trust your pace. Steady steps carry you confidently forward.



7

Exam breaks? Recharge with a mindful snack.



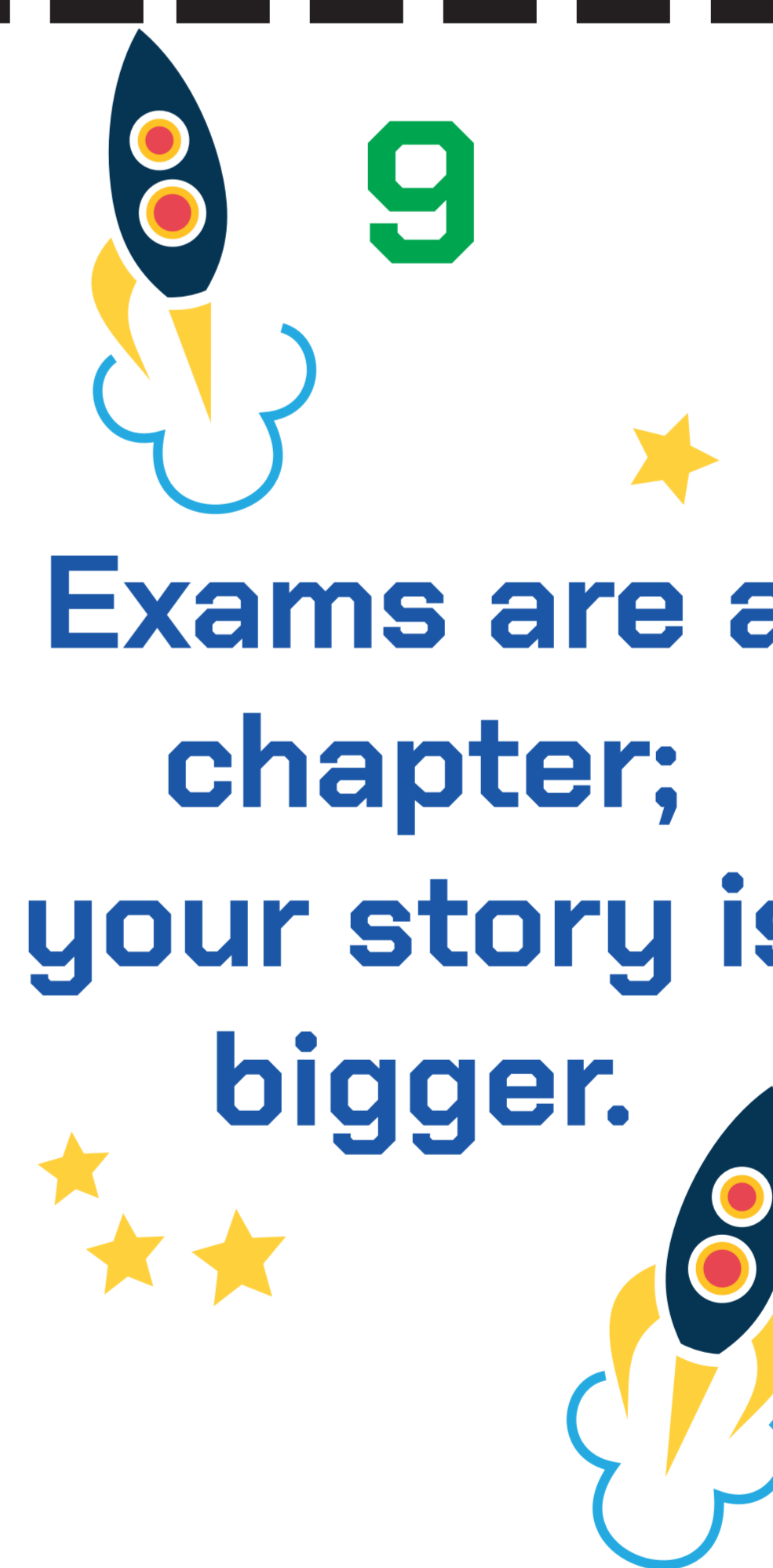
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Plan a small post-exam reward to foster motivation.



9

Exams are a chapter; your story is bigger.



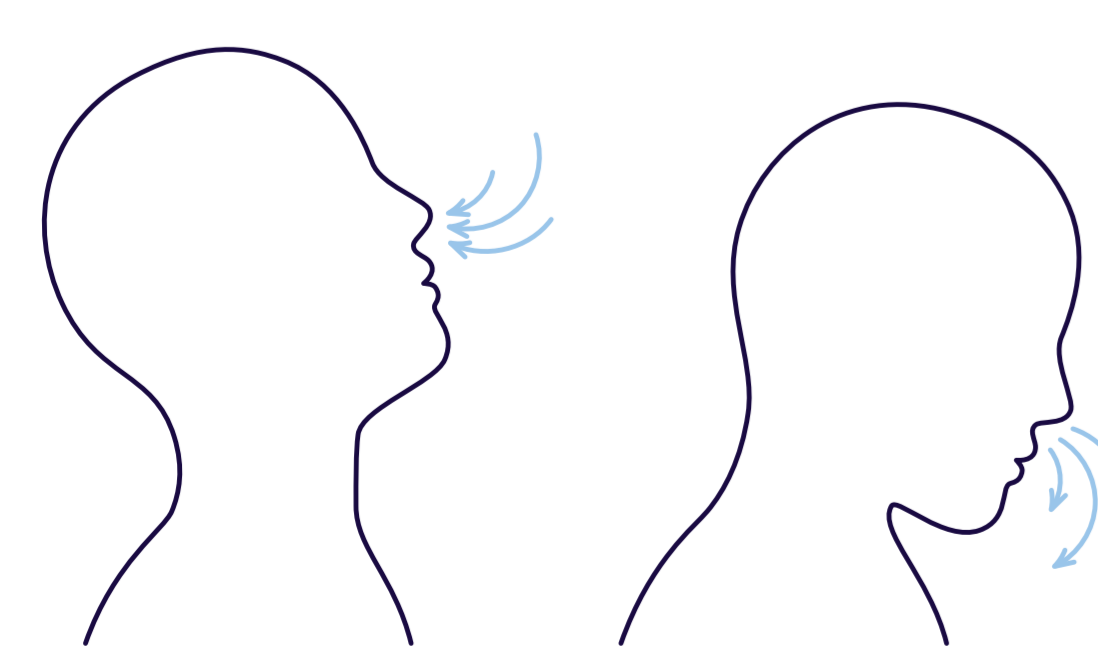
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Rest is productive; schedule recovery time.



11

Stuck? Pause, take ten breaths, then continue.



12

Notice your effort and strengths. Proud of you.



13

Massage your temples gently in circles to ease tension.



14

Look back at how far you've come—light ahead.



15

You did it! Celebrate with kindness and gratitude to yourself.



Meet with a counsellor:

