

IS EXAM STRESS GETTING TO YOU?

Just breathe...

INHALE CONFIDENCE,
EXHALE DOUBT



When exams start to stress you out, try one of the breathing exercises below to help you relax and focus.

Deep breathing:

1. Close your eyes.
2. Breathe in through your nose and hold for the count of three.
3. Slowly exhale.



Alternate breathing:

1. Block one nostril.
2. Inhale deeply using the other nostril for the count of five.
3. Block both nostrils and hold your breath for five.
4. Repeat this action for the other nostril.