Blog: Exam stress

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Exam stress is a serious issue that affects students worldwide, with effects on students' mental health and academic performance.

When exams came, I started to feel anxious. Sometimes I even woke up from nightmares at midnight. For the effects on academic performance, my grades became low because I could not concentrate in lessons.

There are multi reasons that cause exam stress, such as poor time management, high expectations from ourselves or teachers and parents. Moreover, the fear of disappointing yourself can create additional pressure.

To manage and relieve stress, the easiest way is to practice breathing and stay calm. Also, we need to know that it's not an effective method to keep studying for long hours on end. Take breaks between study sessions to relax. We need to maintain a balanced diet and get enough sleep. In my opinion, keeping your focus in the lesson is much more important than studying for a long time.

If you feel really anxious, you may find someone who can support you for help. You can chat with friends, family or social workers who can give you encouragement. It is better to deal with your anxiety than to keep it to yourself.