The Ticking Time Bomb

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Exam week is coming, and to most students, that means to burn the midnight oil and to start hitting the books. Some people think that the life of a student is a walk in the park, however, that couldn't be any further from the truth. In reality, students face a great challenge called stress. Stress comes in many forms but most students face exam stress. Thankfully there are ways for students to overcome exam stress.

In order to overcome exam stress, first we need to understand the causes of exam stress. Leading factor in the cause of exam stress is high expectations from parents, peers and even teachers. In some countries, students are expected to pass the exams with flying colors by the people they look up to, and as a result, work themselves to the bone. Another cause of exam and study stress, and stress in general is too much school work. According to a study by Stanford University, 56% of students consider homework as a primary source of stress that can lead students to have less time to study and achieve even worse exam results.

Another very important thing to note about stress is that it can take a heavy toll on the mental health of people and can lead to anxiety, depression and even suicide. But fret not! There are ways to alleviate stress and it's as easy as ABC. Firstly, it's never good to keep terrible thoughts bottled up inside of you. If you're feeling worried or anxious, don't be afraid to seek help from a professional or friend. Try to organize yourself better. Seems hard or annoying to do so but staying well-organized can improve your mood and mental well-being. It also helps that you keep track of when and what you need to do more easily. Lastly take a break! C'mon, it won't kill you to take a break once in a while. Take in some fresh air and socialize with friends. These activities help to calm you down and can even help you perform better. In conclusion, we need to take better care of ourselves in order to achieve best results.