

STUDENT WELLBEING



Credence is committed to create a positive and healthy environment for all its stakeholders. Credence cares is an initiative of the school to enhance the overall wellbeing of the staff, students and parents, and thereby continue to be a happy school.

Stress levels are higher than usual during the exam period. The right kind of stress can keep you motivated and focused. However, too much stress can be detrimental and leave you feeling overburdened, perplexed, worn out, and tense. If you feel like your stress levels are out of control, it's crucial to attempt to keep things in perspective and find ways to relax. This article focuses on some ideas for how to lessen your exam anxiety.

Also, if you need any support, please meet or email your Section counselor as follows:

Ms. Anupama Nair (Room no- GF-53) Grades 1-5
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Ms. Aswathy Menon (Room no- FF-01) Grades 6-12
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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.

<p>Deep breathing:</p> <ol style="list-style-type: none"> 1. Close your eyes. 2. Breathe in through your nose and hold for the count of three. 3. Slowly exhale. 		<p>Alternate breathing:</p> <ol style="list-style-type: none"> 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.
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TheSchoolBus

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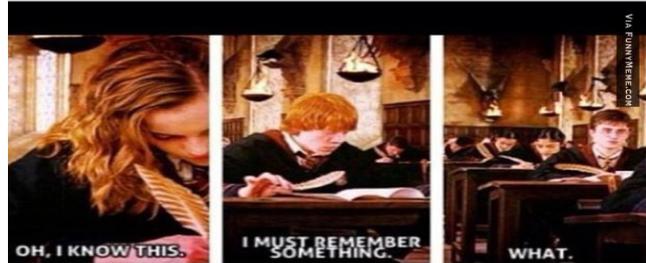
Early preparation is key because a lack of it is the most frequent source of exam anxiety. At least three weeks before your first exam, make a study program. Due to other responsibilities, you might discover that you need to start studying quite early. Planning also helps you avoid cramming, which is a significant contributor to exam anxiety.

Slow breathing and mindfulness - When you show any signs of nervousness when studying or taking the test, utilize these techniques to relax. Take a few deep breaths and turn your focus away from your work. Breathe in slowly, counting to four, then exhale slowly, counting to four. As you exhale, tell yourself to be "calm and relaxed." Before tests, practice taking deep breaths.

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Have a Strategy in Place Before the Exam - As you study, consider how you will approach the exam and what you will do if you encounter difficulties. Having a plan in place can help you focus more on passing and help you worry less about failing. If you have a strategy, it might be to read and comprehend the instructions before the exam, limit your time depending on the questions and how much each one is worth, write something for every question even if you get stuck, evaluate and adjust, and stay until the finish.

The 3 different kinds of exam takers



when you have to study for a test but then you remember that sleep enhances learning ability



Good sleep hygiene is one of the best methods to manage stress. Your body and brain need at least 8 hours of sleep per night to function at their best, so setting a regular wake-up and bedtime each day will help. It has been demonstrated that students who maintain a normal sleep schedule do 30% better than those who study late into the night or early in the morning.

Aim to Do Your Best - When an exam isn't going well, students frequently begin to think negatively. This may cause a decrease in self-assurance and an increase in self-doubt. Recognize and silence your critical inner voice (by using mindfulness). Don't think about yourself; concentrate on the task. Aim to perform your absolute best rather than strive for perfection.



The scientists and engineers at ISRO have worked tirelessly for many years to make Chandrayaan 3 a reality. They have faced many challenges along the way, such as the failure of Chandrayaan-2 in 2019. However, they have never given up, and they have continued to work hard to make this project a success. This is a great lesson for all of us, to learn that anything is possible if we are willing to work hard and never give up on our dreams.

Don't say you don't have enough time. You have exactly the same amount of hours per day that were given to... Michelangelo, Mother Teresa, Leonardo Di Vinci... and Albert Einstein.

– H. Jackson Brown Jr