

## **Coping with anxiety leading up to exams transcript**

Exams causing...

Stress, Anxiety, Sleep hassles, Dread, Mental blanks, Problems with others, Procrastination?

Stop and control the stress by...

- Breathe – 5 deep slow breaths (5x a day)
- Remember in 2 weeks it will all be over.
- Plan 'workout times' for each topic and subject
- Focus on small achievable steps to be done

For customised individual assistance see a VU counsellor at Student Engagement:

Phone: 9919 2399, 9919 4418 or 9919 8801

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

[www.beyondblue.org.au](http://www.beyondblue.org.au)