



Managing Time and Stress

Revise and Revive

Key Elements of Revision

- **Be organised**
- **Spread the work over the whole of the revision period**
- **Don't over work**
- **Ask for help if you need it**
- **Chill**

Time Management

Be
Organised

Sort your
space



Time Management

Spread the
workload

Concentration
span



Stress Relief



Stressed?

What chills you out?





10 tips for stress relief (from the NHS!)

1. Be active
2. Take Control
3. Connect with people
4. Have some “me” time
5. Challenge yourself
6. Avoid unhealthy habits
7. Help other people
8. Work smarter – not harder
9. Try to be positive
10. Accept the things you can't change

Nervous?

Remember....

Confidence is NOT the
absence of nerves – it is the
management of nerves

Good
Luck