

Keep Calm?

Exams are always around a corner? Promises that soon enough you'll be a vet too? Stress just doesn't cover it!

Brought to you by Peer Support



Quick Stress Busters

Prioritize a few small things and let the rest slide for now. Set them as realistic goals.

Get enough sleep. Try a hot bath, warm milk, the smell of lavender, a hard workout or a really boring book (Sjaastad always puts Emily to sleep)

Work it off! Jogging, walking the dog, yoga, the gym, tennis, gardening? Try doing something active

Meditation and breathing exercises have been proven effective stress relievers. Practice clearing your mind of stressful thoughts.

So what can you do?

It's important firstly to be able to recognize stress. Stress has many symptoms including mental, social and physical ones. They can include exhaustion, loss of appetite (or increased appetite!), headaches, crying, sleeplessness or oversleeping, and feeling alarm, frustration or apathy. It's not uncommon to try to escape through alcohol, drugs or other forms of compulsive behavior and are often indicators that someone is stressed but they rarely work effectively or for long.

If you feel that stress is affecting your studies you can seek help through your PDP tutor, peer support services or the counseling service.

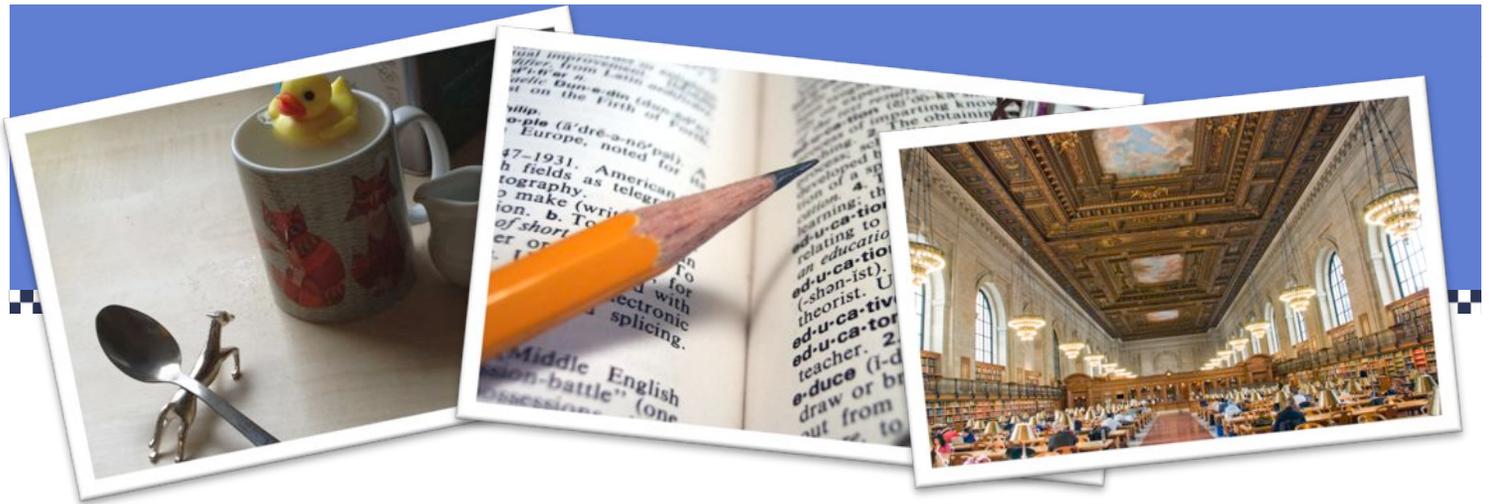
Loads of options and suggestions on how to deal with stress and anxiety are available over the internet but we've included a few of our favourites here and some links to where you can get more information!

For starters try: <http://www.liv.ac.uk/counserv/selfhelp/>



Is it more than just stress?

Sometimes stress is just an added factor on top of other problems. If you think that you may be facing something more difficult than "just" stress over exams you can always visit a drop in at the counselling service. We're here to help!



I Just Don't Feel Ready for Exams!

Here are some suggestions that may help you feel more ready, prepared and calmer, both before exams and the day of.

Preparing for Exams

Is your study method working for you? Do you feel like you're wasting your time going over things that you can never remember afterwards? Maybe it's time to try a new study method. Many Universities offer different websites that can share with you some ideas on how to study.

A basic revision method is available here: <http://www.liv.ac.uk/counserv/selfhelp/exams/>

Other ideas include: making mind maps, surrounding yourself with colourful notes or picture that remind you of the lecture, using white boards or flip charts, placing notes where you can always see them or where you wouldn't expect it (kitchens, the bathroom mirror), creating flash cards or your own multiple choice questions.

There is no right or wrong way to study, just whatever works for you.

Before Exams

It may be tempting to push through your work even when you're tired or slowing down. But it may cause more harm than it helps. It's a good idea to reward yourself for studying, it gives your brain a chance to process what it's read and get ready for the next round. How about making a deal with yourself: "self, cover these next two lectures and you can have some time to do whatever you want"

Ready, set, write.....

The Day of Exams

A recent Canadian study of University students found that those who took a bottle of water into exams with them did better than their classmates. Keep your brain hydrated and it may help you remember more.

James' favourite suggestion is to take a minute before exams to write

down what your worries are about that exam. Write down your stress and anxiety and you'll leave it on the page, leaving your brain free to remember more when you're in the exam itself.

Another great suggestion is to avoid people who are negative before exams. Anxiety can be contagious and the last thing you want to do is



panic right before going in. Delyth likes to spend time with her iPod and only her iPod right before exams

Relaxation: harder than you think?

It can come as a bit of an unpleasant surprise that even relaxation takes some effort! But there are many methods to try to give yourself some breathing space or at least a good nights sleep. Take a look at the following suggestions, one may work for you.



Conscious Relaxation:

It sounds like an oxymoron but Charlotte says it works every time for her. Try this:

- Find a comfortable seat with some support for your head (against a wall can work)
- Relax your hands and feet
- Breathe in to the count of 4 through your nose and think about the feeling of the air going down to your stomach
- Hold the breath for 2 counts
- Release it slowly through your mouth (the count of 6-10 is a good goal).
- Repeat as necessary!
- Advanced class: once you're comfortable with the breathing allow your mind to wander to outside sounds and smells and thoughts without focusing on any particular one. Let them drift through your mind without judgment.

Some other good suggestions were:

“Take some time to go out for a walk, I always feel better and more relaxed after taking a walk in the country”

“Go out for a coffee with friends and chat about everything other than school. Give your brain a rest!”

“Get a massage, Sports Liverpool offers some for a good price”

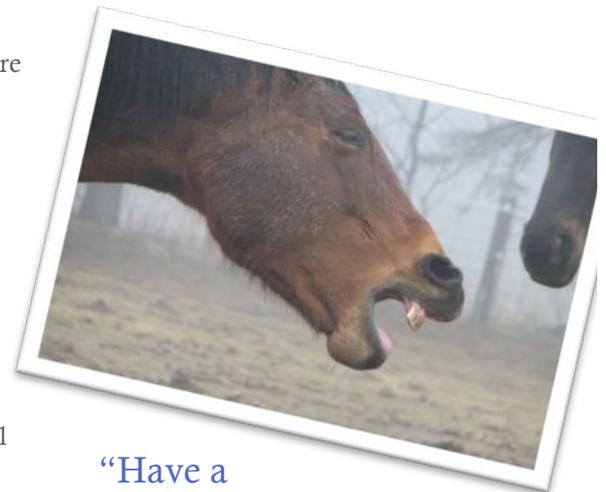
“I like to watch a film that has nothing to do with what I'm studying, Disney is good for that”

“Get some exercise, Yoga is always good if I'm feeling anxious”

“I like to talk to my Mom when I'm feeling down, if I'm upset I talk to my boyfriend, friends or family and get lots of hugs”

“Sticking to a timetable makes me feel better, plan out your study time and you won't feel left behind”

“Take the dog for a walk”



“Have a good B**** session with friends, you can blow off some steam and you won't feel alone”

And some other good suggestions we found online were at:

22 Steps to deal with stress-
<http://www.wikihow.com/Deal-With-Stress>

Managing Stress-
<http://www.studygs.net/stress.htm>

How to Reduce Stress-
http://www.helpguide.org/mental/stress_management_relief_coping.htm



There are lots of suggestions out there, it's just finding one that works for you.

We're always available to chat if you need to get a load off your mind. We know it's hard being a vet student and it's scary (though exciting) to think about your future career.

We can't tell you what to do but hopefully we can help you find your own solutions.

Everyone deals with stress differently. Ask around and you might find an idea that is perfect for you.

Below are our contacts, and some further website links

If you have any questions, just ask 😊

Peer Supporters

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Further Websites

Classes at Liverpool Sport,
<http://www.liv.ac.uk/sports/classes/index.htm>
Last year in exam time they offered some meditation and relaxation sessions... worth looking out for.

Study Skills links at Liverpool,
<http://www.liv.ac.uk/student-support/ist/studyskillsandexams.htm>

What the library offers for study skills as well as some IT links if you're having any computer problems (which always seems to happen at exam time...)

Study Skill tips,
http://www.liv.ac.uk/eddev/iteach/Developing_Study_Skills.htm

All Sorts of Exams Resources are available here,
<http://www.liv.ac.uk/ilearn/>
Just log in with your University login and password to access it.

A guide to managing stress in the workplace (or school),
http://www.liv.ac.uk/safety/hazard_az/stress/

A free relaxation program,
<http://www.liv.ac.uk/counserv/relax/>