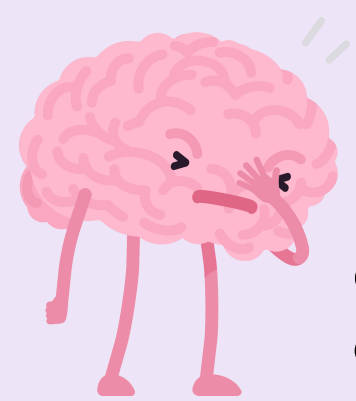


AFTER THE EXAM: MANAGING THE WHAT IF'S

When the wait feels hard

Even after the exams are over, our brain is stuck in that time. The only difference is that now it is having thoughts of what ifs about the results. Our brain stays in alert mode and the result of which shows up in our body like tension, irritability, poor sleep, etc.



When the brain starts freaking out

Our brain sometimes acts like the overprotective friend but while trying to keep us safe, it ends up making us stress out even more.

- By comparing our confidence with others
- Checking about results time and again.
- Overthinking every small mistake.
- Making us feel those butterflies (not in a good way).

Training our brain to chill a little

Name your emotions

"I am feeling anxious about the exams, and that is okay."



Resetting your routine

After pulling all-nighters and depending on caffeine, reset your routine which consists of 3 meals a day, 7-8 hours of sleep, hydration, movement.

Distraction

Have an airbnb party, chill with your friends, go on a date, read, hit the gym, binge watch shows, have your favorite meal.



Grounding Tools

Focus on your body sensations and breath. If yoga is your thing, then indulge in that.

RESULTS REFLECT ONE PHASE, NOT YOUR WORTH.

If you need emotional support, reach out to us at:
Galgotias Centre For Mental Health
centreformentalhealth@galgotiasuniversity.edu.in

