

Top 10 School Stress Relievers for Students

1. **Visualization/Meditation:** is an easy and effective way to reduce stress and do better in school. Visualizations and Meditation can help you calm down, detach from what is stressing you, and turn off your body's stress response. You can also use visualizations to prepare for presentations and to score higher on tests by vividly seeing yourself performing just as you'd like to.
2. **Exercise:** one of the healthiest ways to blow off steam is to get regular exercise.
3. **Breathing:** when your body is experiencing a stress response, you're often not thinking as clearly as you could be. A quick way to calm down is to practice breathing exercises. These can be done virtually anywhere to relieve stress in minutes, and are especially effective for reducing anxiety before or even during tests, as well as during other times when stress feels overwhelming.
4. **Music:** is a convenient stress reliever that has also shown many cognitive benefits. Music can help you to relieve stress and either calm yourself down or stimulate your mind. For some, playing classical music while studying can also soothe and help you learn.
5. **Staying organized:** it's a fact that clutter can cause stress and can decrease productivity. Make a plan and decide what you have to do and the order in which you are going to do it in. If you have something to do that seems overwhelming, break it into smaller parts. Being organized can bring you the peace of mind that comes from knowing where everything is, remembering deadlines and test dates, and clearing your mind of some of the mental clutter that disorganization brings.
6. **Eat Right:** you may not realize it but your diet can either boost your brainpower or sap your mental energy. A healthy diet can function as both a stress management technique and a study aid.
7. **Positive thinking and affirmations:** optimists actually experience better circumstances, in part, because their way of thinking helps to create better circumstances in their lives. The habit of optimism and positive thinking can bring better health, better relationships and better grades.
8. **Get enough sleep:** get 7-9 hours each night. Sleep affects memory, learning and retention. Studies show that adequate sleep helps students store memories to be retained and remembered the next day.

9. **Create a good study environment:** creating a soothing environment can reduce stress and help you learn. Aromatherapy, for example, is known as a stress reliever, and peppermint essential oil is said to wake up your brain (you can burn it as you study).

10. **Manage your time wisely:** it's important to allow yourself plenty of time to study for your tests. You can save yourself a lot of stress if you plan ahead with good time management skills. Setting up a schedule for study, breaking up your studies into smaller chunk are some ways to manage your time.