

# TOP TIPS TO MANAGE *Study Stress*

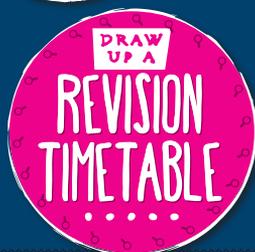


Avoid high-fat, high-sugar and high caffeine food and drink.

Healthy eating boosts your energy and reduces stress.

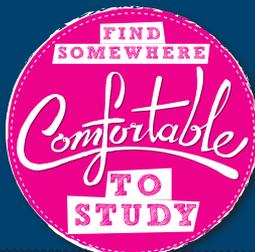
**Rethink your bedtime routine!**

Cut the technology, caffeine and alcohol close to bed time. Focus on creating a sleep friendly environment, exercising early in the day and try out a sleep app.



Draw up a revision timetable so that you keep on track.

A mentor can help you put one together. Contact details below.



The Guild and University offer a number of different study spaces.

Visit: [guildofstudents.com](http://guildofstudents.com) and [birmingham.ac.uk/studyspaces](http://birmingham.ac.uk/studyspaces)



Feeling anxious is normal.

Talk to a friend or come and have a chat to a mentor. We are always here to listen.



Exercise can boost energy, clear the mind and relieve stress.

Sign up to an exercise class or go for a walk with your flatmates!



Become a more effective learner by visiting The Academic Skills Centre:

[intranet.birmingham.ac.uk/asc](http://intranet.birmingham.ac.uk/asc)



Treat yourself, you deserve it!

Go on a day trip, spend time with friends, go for a meal. Reward yourself with something.

If you require help, advice or just a chat, contact us on the details below:

✉ [mentorwelfare@guild.bham.ac.uk](mailto:mentorwelfare@guild.bham.ac.uk) ☎ 0121 415 8568

📍 @studentmentorscheme 📷 studentmentors

# Study Stress Release

Every now and then you have to try something different to tackle your stress.



## Instructions

- 1 Grab some paper
- 2 Scrunch it, roll it, make it into an aeroplane, whatever works!
- 3 Aim it at the target.
- 4 Feel better? If not, chat to a Student Mentor at:

✉ [mentorwelfare@guild.bham.ac.uk](mailto:mentorwelfare@guild.bham.ac.uk) ☎ 0121 415 8568

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