

Year 12 Stress Management Tip Sheet

Time Management

Create a Study Schedule:

Use a planner or app to organise study sessions and breaks.

Use the Pomodoro Technique: Study for 25-50 minutes, then take a 5-10 minute break.

Prioritize Tasks:

Focus on important and urgent tasks first.

Limit Distractions:

Study in a quiet space, use website blockers, and turn off notifications.

Revise Actively:

Use mind maps, flashcards, and practice tests to reinforce learning.

Social Support & Fun Activities

Stay Connected:

Talk to friends, family, or a school counsellor for support.

Engage in Hobbies:

Balance study with enjoyable activities like music, art, or sports.

Limit Social Media Stress:

Avoid excessive comparison and set time limits.

Exam & Assignment Tips

Prepare in Advance:

Revise consistently instead of cramming.

Exam Day Routine:

Sleep well, have a healthy breakfast, and review key points calmly.

Relaxation Techniques:

Take deep breaths before starting an exam to stay focused.

After the Exam:

Avoid overanalyzing and celebrate small wins.

Physical Wellbeing

Exercise Regularly:

Engage in at least 30 minutes of physical activity daily (walking, yoga, sports).

Get Enough Sleep:

Aim for 7-9 hours per night and avoid screens before bed.

Eat Brain-Boosting Foods:

Include protein, whole grains, fruits, and vegetables. Stay hydrated.

Mental & Emotional Wellbeing

Practice Mindfulness:

Use apps like Headspace or Calm for guided meditation.

Journaling:

Write down worries and gratitude to process emotions.

Manage Negative Thoughts:

Use positive affirmations like 'I am capable and prepared.'

Deep Breathing:

Try the 4-7-8 method to stay calm. (Inhale for a count of 4, hold your breath for a count of 7, and exhale for a count of 8)

Where to get help

At school:

Sub School Leaders, Teachers, Wellbeing staff

At home:

Parents, siblings, or trusted adults

Helplines & mental health resources:

Kids Helpline: 1800 55 1800

Lifeline: 13 11 14

Beyond Blue: 1300 224 636