

Use Your Phone to Help with Stress



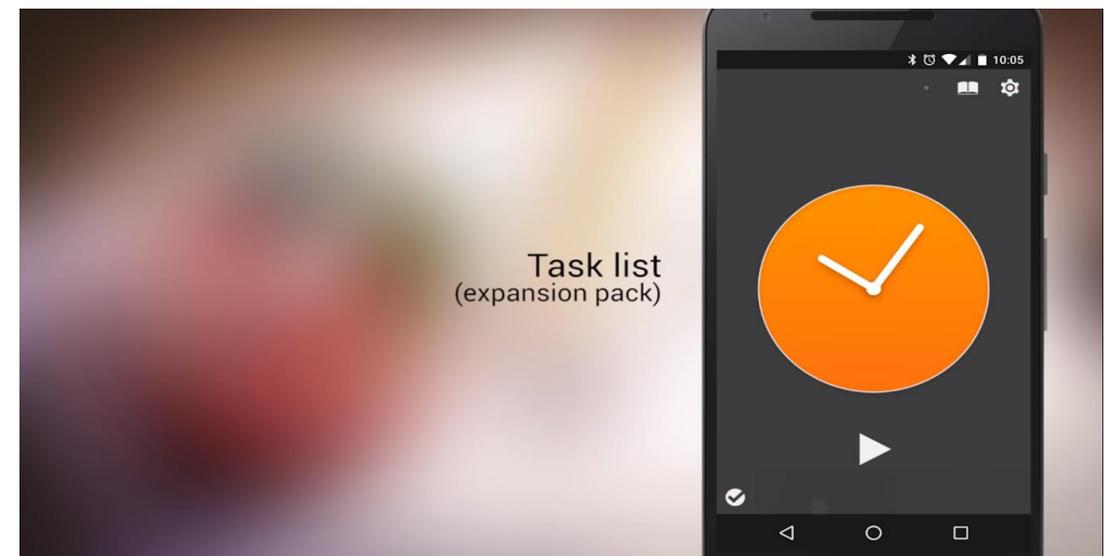
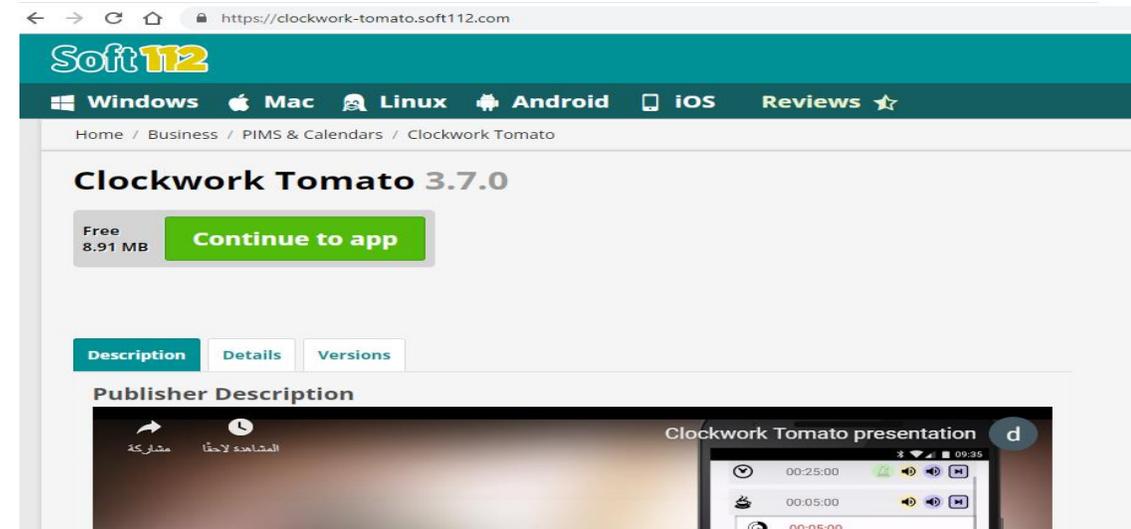
Online applications that help
with exam prep and reduce
stress

Time management application

✓ Clockwork Tomato

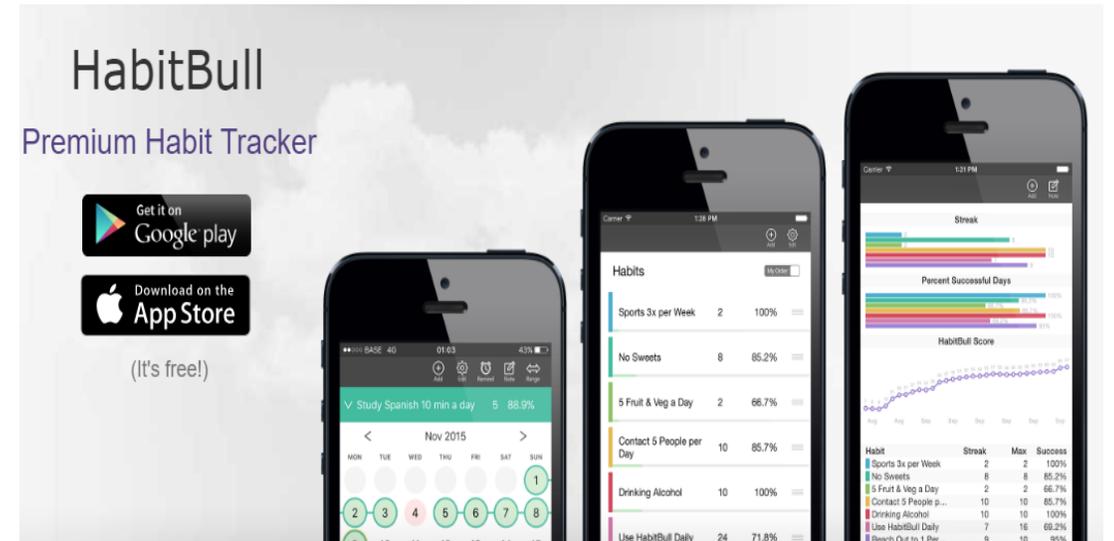
boosts productivity by breaking down work periods into 25-minute slices, separated by short breaks.

- <https://clockwork-tomato.soft112.com/>



Motivation app

✓ HabitBull



Smash Through Your Goals!

“Easily **break bad habits** like smoking, drinking or nail biting, or **build positive habits** like fitness, meditation or reading”

can help not only to complete stress but also to improve overall attitude to studies.



<http://www.habitbull.com/>

Meditation app

✓ Headspace

Meditation made simple. The app takes you through the basics of meditation, with progress pages to track your stats and reminders to help you with your practice.

<https://www.headspace.com/headspace-meditation-app>

The image shows a screenshot of the Headspace website and a mobile app interface. The website header includes the Headspace logo, navigation links for 'THE SCIENCE', 'BLOG', 'FOR WORK', 'HOW TO MEDITATE', 'HELP', and 'LOG IN', and a 'Start free trial' button. The main content area features a teal background with the headline 'A few minutes could change your whole day' and a sub-headline: 'Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.' Below this are buttons for 'Download on the App Store' and 'GET IT ON Google Play'. The browser address bar shows 'https://www.headspace.com/headspace-meditation-app'. The app interface shows a 'BASICS' screen with a play button, 'Day 1', and '10 MIN' duration. To the right, the text reads 'Start with the Basics' and 'Start your meditation practice with a 10-day beginner's course — available in the Headspace app during your free trial.' A link says 'Find some headspace today. Start your free trial.' Below that, it says 'READ NEXT: What is mindfulness?' and a small image of the app is shown with the caption 'How to use the Headspace app'.

Meditation app

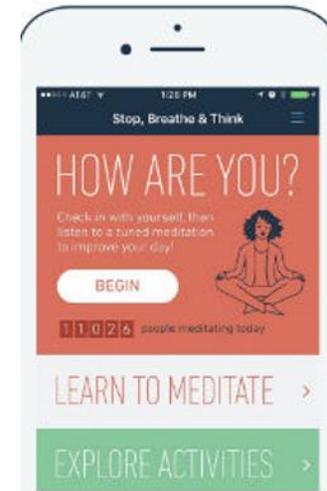
✓ Stop, breathe and think

Using the app helps you develop a habit of taking a moment to think about the current situation you are in.

<https://my.life/>



5 MINUTES TO PEACE



STOP

Stop what you are doing. Check in with what you are thinking, and how you are feeling.



BREATHE

Practice mindful breathing to create space between your thoughts, emotions and reactions.

Exams calendar

✓ Exam Countdown

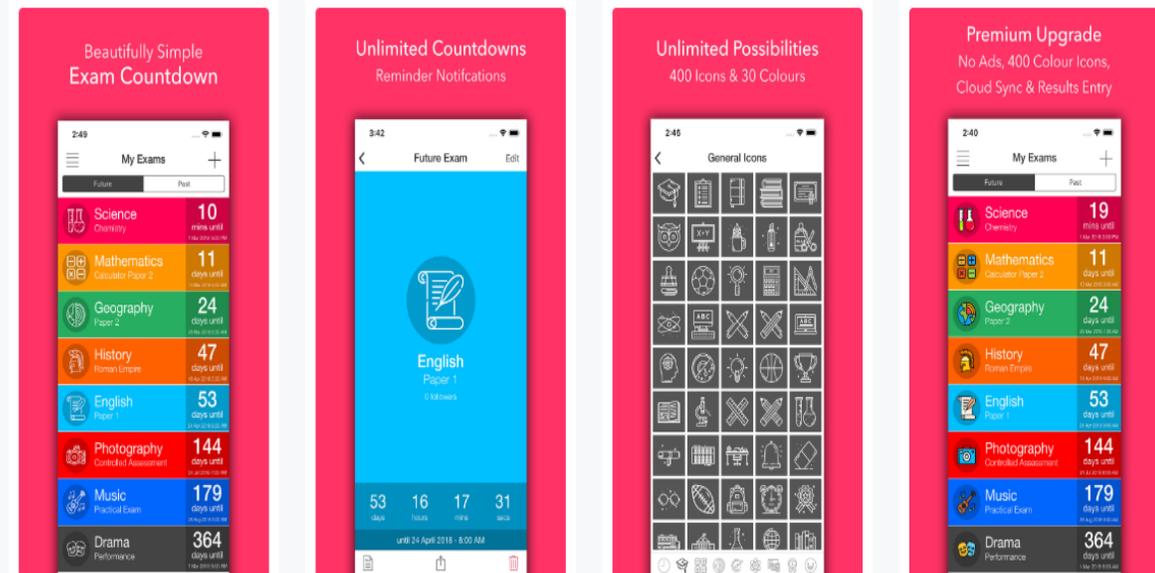
keep track of exam and assessment dates. It provides a handy visual reminder of all your important upcoming dates.

<https://examcountdownapp.com/>

Exam Countdown
app to keep track of
exam dates.

Available on Apple App Store and Google Play Store

Download Exam Countdown App



Don't forget - If you are **still trying** you ARE coping...

Remember that you
are not alone

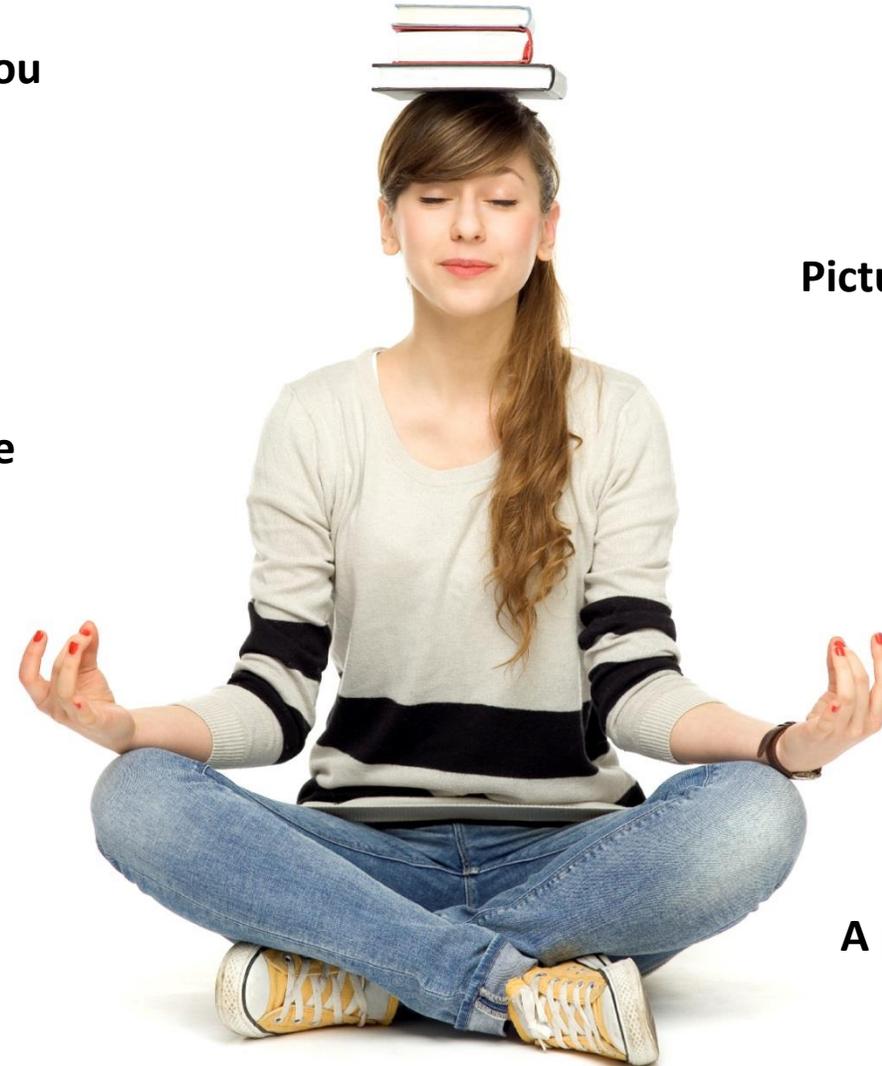
Gentle exercise

Picture your success

Exams are not the be
all and end all

Get enough sleep

Diet



A productive environment

You ARE Stronger than you feel!

Are you being SMART?

Specific

Set actual topics – revise things one at a time.

Measurable

Split revision into short 20 minute session – set a time scale and reward yourself.

Action

Actually have fun with your revision. DO different things.

Realistic

There is not point setting goals you know you wont follow. Balance revision with relaxing.

Time

Study takes time. Give yourself enough.

A top-down view of a wooden desk with various school supplies. In the top left, a metal pencil holder contains several colored pencils. To its right is a small notebook with a grid pattern. Further right are two stacks of sticky notes, one blue and one pink, with a yellow paperclip on the blue one. A teal pen lies vertically on the far right. In the center, a white sheet of paper is held down by several colorful paperclips (purple, green, red, white, green, pink). A yellow sticky note is attached to the top left corner of the white paper. To the left of the white paper is a vertical stack of colorful markers (yellow, green, pink, orange, blue, orange). To the right is another vertical stack of colorful markers (light blue, pink, blue, yellow, pink). A ruler with a centimeter scale from 0 to 20 is positioned vertically on the right side of the white paper. The text "Best of Luck in Your Exams!" is written in blue on the white paper.

Best of Luck in
Your Exams!