

# Managing Time and Stress

*Revise and Revive*

# Key Elements of Revision

- **Be organised**
- **Spread the work over the whole of the revision period**
- **Don't over work**
- **Ask for help if you need it**
- **Chill**

# Time Management

Be  
Organised

Sort your  
space



# Time Management

Spread the  
workload

Concentration  
span



# Stress Relief



Stressed?

What chills you out?



# 10 tips for stress relief (from the NHS!)

1. Be active
2. Take Control
3. Connect with people
4. Have some “me” time
5. Challenge yourself
6. Avoid unhealthy habits
7. Help other people
8. Work smarter – not harder
9. Try to be positive
10. Accept the things you can't change

Nervous?

Remember....

Confidence is NOT the  
absence of nerves – it is the  
management of nerves

Good  
Luck