

NEWS FLUSH

...in the know while you go



MELROSE
SUBSTANCE ABUSE
PREVENTION COALITION

STRESS: *A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.*



Stress Relievers

Spark some scents— Studies suggest aromatherapy can be a good way to relieve stress. Certain aromas (like lavender) have been consistently shown to reduce stress levels.

Listen to music— Research points to multiple ways in which music can help relieve stress, from triggering biochemical stress reducers to assisting in treating stress associated with medical procedures.

Laugh it off— Laughter can reduce the physical effects of stress (like fatigue) on the body.

Exercise— That post-exercise endorphin rush is one way to sharply cut stress.

Study Tips

- Drink water instead of coffee or energy drinks. This will help you stay hydrated and improve mental performance.
- Don't cram! Trying to study and remember a lot of things in a short amount of time makes it harder for the brain to retain information. Cramming the night before a test also affects the amount of sleep you get. Pace yourself and study over a few days and get enough sleep!
- Divide & conquer— determine which tests will be more challenging and devote more time to preparing for those ones. If algebra isn't your strong subject, start on that early and spend more time studying for that test.
- Take a breather— go for a 10 minute walk or take a snack break. This will improve your focus when you come back to start studying again.

Next time you're stressed:

take a step back, inhale and laugh.
remember who you are and why you're here.
you're never given anything in this world that
you can't handle. be strong, be flexible,
love yourself, and love others.
always remember, just keep moving forward.

During the Test

Read through the entire test first. See how long it is and ask for clarification on any confusing questions.

Focus on each question individually— if you don't know the answer, skip it and come back, rather than wasting too much time trying to remember something and not being able to get to other questions you do know.

Relax— take deep breaths, wiggle your fingers and toes. Stressing out will make it more difficult to remember an answer.



Have an idea for next month's issue? Email the youth action team!! :) melroseYAT@gmail.com