

# **Practical advice: how to get rid of stress before exam**

## **algebra homework help**

Immediately, I will say that the recommendations presented below work correctly. If you really want to remove the nervous voltage before exam, then these tips will help you, provided that you will definitely use it.

Parable: Know and go through the way - different things.

### **1. Saving.**

Just sleep. If the ticket does not study, the eyes are already red, and the time is pressed - you just go to bed. And that's it. We connect common sense. You can't remember a difficult question anyway, otherwise you would have already remembered it. So? So. And if the question is not learning, so why it is necessary to rape and force me to remember that in this period of time it does not climb into your head.

You understand a simple thing - if a person cannot remember some information, it means that it is either:

A) a full idiot; :)

B) repeated little;

C) just tired.

If the first two letters do not belong to your case (I especially hope about item (a)), then it's time to take off. Drink you are a good bolt on the whole thing. After all, if something does not study, it means that you have already been renounced. When you overeat, you do not kiche in yourself for rationally? I know that you are delicious, however, how much is it placed, after a hearty meal? :)

So we do from all this conclusion: a good sleep is the best remedy for excitement before the exam. True, sometimes, when you are very worried, it is very difficult to fall asleep. However, here I am not the adviser to you (see parable).

### **2. Work physically.**

This is, in fact, just awesome advice. Try yourself. Only you need to work so that you can easily move the legs. Thoroughly so. From the soul. What are the options?

For girls: wash the dishes, the floor, go to the store instead of mom (Pack the bags with products).

For young men: To get into the room, pull the dumbbell, I do not know, there are 20 laps around your home ...

In general, any physical work at your discretion. Why did I say that this advice is very good? The thing is that, firstly, with the help of physical exercises, you can really remove stress, and, secondly, almost every person can do physically exercises.

If it is sometimes very difficult to fall asleep (stupid thoughts are climbing, like: "And if I do not pass," "And if I forget"), then work physically - in principle it is not difficult. There would be a desire.

Where to take inspiration for a new project?

Such a switching from intellectual work to physical will allow you to be distracted from negative thoughts, which, in turn, will contribute to at least a temporary, but reduction of the nervous voltage.

After the well-done physical work, your body will be ready for a new portion of intellectual load after some time. At the same time, the forces to be nervous on trifles you just will not remain. Otherwise, you worked a little :)

### 3. Take a shower.

Also a good tool to get rid of excitement before the exam is a warm shower. If you feel the head just boils and can not digest everything that you are trying to put it in it, then the adoption of the soul will allow you to relax.

If you, as they say, a "heavy case" and none of the Soviets separately saves you, then you can use immediately by all three recommendations on the following algorithm:

Physical Load - Warm Souls - Sleep.

This chain works almost trouble-free. Even the strongest stress can be removed using this simple algorithm.

After you wake up, drink a cup of warm tea - and forward, in battle! I am confident that your nervous state will come to normal, and you can learn the most difficult question without any problems.

Conclusion: As part of this article, I told you about how to get rid of excitement before the exam. All of the above tips, namely the physical activity, sleep and warm shower will help you withdraw the stressful condition before the exam.