

Beat the exam blues, with a smile



It is that time of the year again when students gear up for their board examinations or annual examinations. Exam stress is now an established phenomenon and no longer something that affects only a handful. The pressure to perform and get good marks affects not just a lot of students; even parents suffer from symptoms of anxiety on behalf of their wards. While a certain degree of stress and fear about performance can have a motivating impact on students, one often gets to hear of cases where exam stress has become extreme and begun to interfere with routine activities



MINU BUDHIA
Psychotherapist & counsellor;
Founder & director,
Addlife Caring Minds

HOW TO MANAGE STRESS

Learn to recognise when you're stressed out. A small break or a chat with someone who knows the pressure you're under will help you put things in perspective.

• Avoid comparing your abilities with your classmates. These "Oh my god, I've only read the chapter three times" conversations are such a wind-up. Everyone approaches revision in different ways, so just make sure you've chosen the method that works best for you. Make a realistic timetable and stick to it.

• Sleep well. Wind down before bed and don't revise under the blanket — you're in a state of rest, not a desk. Get your sleep even if it is three four hours.

improve memory and concentration.

• Tea or coffee is good for concentration, but not in large amounts. Try to eat one nutritious meal daily.

• Find out which is the best time for you. Morning or evening? Are you a night bird or a morning person? Study that time of the day. Learn to manage the time according to your schedule, instead of panicking. Make a schedule for your lessons. Follow that.

• If your concentration is low, take small breaks. A little bit of anxiety is always positive. You won't feel under pressure.

• During exams don't rush.

comprehend and tackle the question you know the best. The only one you are not so sure about, attempt last.

• Stay clear of any exam "joke movies". It doesn't matter what your classmate says for question 3(b), it's too late to go back and change your answers. So it will just make you worry even more. Once you are out of the hall, forget about what you just wrote and concentrate on the next exam.

• Ultimately, don't lose sight of the fact that there is life after your exams. Things might seem a little intense right now, but it won't last forever. The exam is not the end of the world.

BEAT THE ODDS



Feeling anxious before a big exam may always be a part of student life, but letting that anxiety turn into stress does not have to be. An essential part of understanding how to deal with exam stress is to first figure out why you feel it. The most common reasons students cite for exam stress are:

• **Parents' and teachers' expectations.** On your best. You can't please them.

• **A fear of one's expectations.** Don't be so hard on yourself. Take a break.

• **The desire to get into a particular stream or course of study after the examination.** Getting stressed will lead you nowhere.

• **The feeling of being under-prepared.** Trying to beat the marks on older siblings or a cousin got in higher scores, and so on. You are unique and the best.

• **A fear of forgetting anything during exams.** If you are stressed you will definitely... **NOT RELAX IT!**

If anything else is worrying you, keep that worry in a different compartment of your brain so that you can deal with it later. Think about these reasons... which of them apply particularly to you?

SYMPTOMS — IT'S NORMAL TO FEEL THESE THINGS

Physical symptoms: Headache, stomach cramps, loss of appetite, loss of sleep.

Psychological symptoms: Feeling like you're about to panic, amping up everything about your issues, low concentration, low self-esteem.



SO, SAY GOOD-BYE TO EXTREME EXAM STRESS. BEST OF LUCK FOR YOUR STUDIES!

Don't be a bully, don't be bullied either



MINU BUDHIA
Psychotherapist
& counsellor;
Founder &
director,
AddLife Caring
Minds

Six-year-year-old Vinuk joined a boarding school in Ooty initially, he was very excited about making new friends and going to a boarding school. It had always been his dream but after two days another boy started bullying in subjects he had never studied in.

Teachers also started complaining about his behavior in his studies, and even his own reciprocal interests, took a back seat as he refused to study in school. One day he asked a handful of sleeping pills and had to be admitted to hospital.

The school authorities asked his parents to take him back. After bringing him home his parents learnt that he was being bullied by a group because he had been taking pills. They had to search for a new school and the boy had to repeat a class. It took him a while to return to his normal self.

Bullying is a problem that strikes early and strikes hard,



Most of us might know at least one person who has been bullied or name-calling in school or work and disrespected personal boundaries. In other words, each of us knows at least one bully in his problem that it needs to be both harsh but in some situations can get right out of hand. Many children in schools and parks in neighborhood groups, and workplace parties often have to be bullied and are that much heavier for it.

Who is a bully?

A bully is a person who picks on someone weaker and derives pleasure in tormenting them physically, emotionally or psychologically. Bullies like to be in a position of power and often enjoy being feared.

What is the reason behind bullying?

Bullies are primarily intro-



verted. They want to be noticed for their 'cool' and greatly admired behavior. They pick on weak and vulnerable individuals - so that chances of their being beaten or arrested are low.

Control is another major aspect of bullying. Bullies love to feel that they have a high degree of control over other children. This may be in the form of physical force or abuse, fear, or more because the bullies are often of it.

What to do if you are being bullied?

Bullies target your self-esteem. Do the most important thing to do to make sure that you are not afraid. Don't cry or react to their actions because that is what they would like you to do. Appear that you are good because they derive satisfaction from it.

Talk to an adult about the bullying - be that a teacher, a parent or an older sibling.

THEY ARE BULLIES TOO



Mean Girls is a 2014 American teen comedy film directed by Mark Waters. The screenplay, written by Rosalind Wiseman, is based on her 2007 non-fiction book *Queen Bees & Wannabes*. The film stars Lacey Chabert and features a supporting cast of The Pees, Rachel McAdams, Lacey Chabert, Amanda Seyfried in the film roles, and Lacey Chabert.

The fourth title in the King of the Hill book collection, *Queen Bees and Wannabes* is the first middle-school career book to come with an author's own professional curriculum study at school. Inspired by Mrs. Buckson, Clever, Ramona and Cassie decided to establish the Bully-ism group. They have to be in the group, proving that the best way to get rid of someone is to make them feel it.



Talk about it with friends, share your own experiences or support. There is strength in numbers.

How to stop being a bully

Not being a bully is the first step. Being a bully is not a goal. It is a way to get away from your friends and peers. Once you do this, you will feel as if you are not doing as well as usual. The change will be good for you instead of making your friends feel bad.

Checklist

Take the following quiz to find out if you are a bully. If you answer 'yes' to 1 or 2 questions, you might be a bully in the making. Stop now before it is too late. If you answer 'yes' to more than 2 questions, you are definitely a bully and you might need help in stopping bullying in this chapter.

- Do you pick on people who are smaller than you, or an animal?
- Do you like to tease or laugh at other people?
- If you tease people, do you like to see them get upset?
- Do you think it's funny when other people make mistakes?
- Do you like to take or destroy other people's belongings?
- Do you want other students to think you are the toughest kid in school?
- Do you get angry or sit and sulk regularly a long time?
- Do you blame other people for things that go wrong in your life?
- Do you like to get revenge on people who hurt you?
- When you play a sport or game, do you always have to be the winner?
- If you lose at something, do you usually do what other people will do that you don't want to do?
- Do you get angry or jealous when someone else succeeds?

Lessons in the school of love

THE WONDER YEARS OF TEEN ROMANCE



MINU BUDHIA

Psychotherapist & Counsellor
Founder, Director
AddLife Caring Minds
mbudhia@addlifecaringminds

Ruchi and Vikas were part of a circle of friends from their tuition classes in Class IX. Vikas really liked Ruchi's social and outgoing nature and after a six-month-long friendship, he proposed to her on Valentine's Day. After sitting for almost a year, the couple broke up. Ruchi cited the pressure of board exams as one of the reasons she could not manage time for both studies and her relationship. They, however, remained in the same circle of friends and within a couple of months, both of them were seeing other people. Vikas claimed that it was awkward at first to be hanging out with the same group that had his ex but now his current girlfriend. Nisha is very much a part of this group and Ruchi doesn't seem to mind.



Teenage years are full of ups and downs and not least among them are the many heartaches and heartbreaks that one undergoes. This is the time in life when parents seem to understand you less and less and friends and peers are the only ones from whom you can expect emotional support. It is often unworkable to find someone in your peer group attractive and to want a relationship that is more than just a friendship with them. This is where the roller-coaster

ride of being in love begins.

Making the most of time

Managing a romantic relationship while meeting the demands of a student life is not as easy as it may seem. Parents are either absolutely against their children being in a relationship during their school years or they take it with a pinch of salt all the while keeping a hawk's eye on studies and marks. As young lovers, you may find yourselves struggling to make time for

extra classes, tuitions, sports, relaxation and your boyfriend/girlfriend. It helps if you are at school or maybe a coaching class together but most of all meeting time gets compromised during examination season.

Keeping the love alive via social media

A good way to handle time management issues is to stay connected through social media, calls and text messages...even if you cannot

be around, let your BF/GF know that they are sorely missed and that you are thinking about them often. For those who have had a few fights about "not spending enough time together" know that the best way to balance the act is to walk the tightrope between your schedule and his/hers with the aid of technology.

Heartbreaks...

Some relationships do not last because of commitment issues, some

do not because of space and time constraints, sometimes jealousy and suspicion are to blame and some time, one is caught cheating on the other. Whatever the cause may be, the life of a relationship formed in high school or college is rarely very long. So what do you do when you find yourself single and nursing a broken heart? Stalking your ex on social media sites and drowning yourself in self-pity are common but silly reactions.

Rebounds

Well, studies show that a lot of people who have a break-up try to fill the void in their lives by finding other people to date. Sometimes, they do not even give themselves time to get over the feelings they had for their ex. So the chances that those unresolved feelings might transfer onto your new relationship and bog it down are pretty high. Anger and resentment, frustration and unmet expectations...if you're moving on too fast you might be carrying forward any or all of those emotions. So, slow down, take a deep breath and analyse whether you are ready to move on. It is better than picking up a big like "playboy" or "risky available".

In summary

In short, your teen and tween years come only once in life. You are young and emotions are bound to run high. Be responsible for the relationships you are in. If heading for a break-up, make sure you know why it is happening. Don't just get into relationships for the heck of it...get into them with your eyes open.

And most importantly have strong roots. Be close to your family or at least have that one person back home who knows the truth about who you are and how you think. There will be ups and downs in life...just make sure your hands are firmly on the wheel and you will be able to steer your life through them confidently.

Don't fall in the trap of MY BF/GF is too boring!!