

STRESS LESS



headspace Shepparton Youth Advisory Council of 2017 presents the STRESS LESS booklet.

This Booklet is designed to guide you to a less stressful way of studying.



headspace
Shepparton

HOW TO CREATE A STUDY PLAN

STRESS LESS

First you need to be realistic about your expectations, there's no point creating a huge, demanding study plan if you know in your heart of hearts there is absolutely no way you will be able to follow it. Balance is so important!

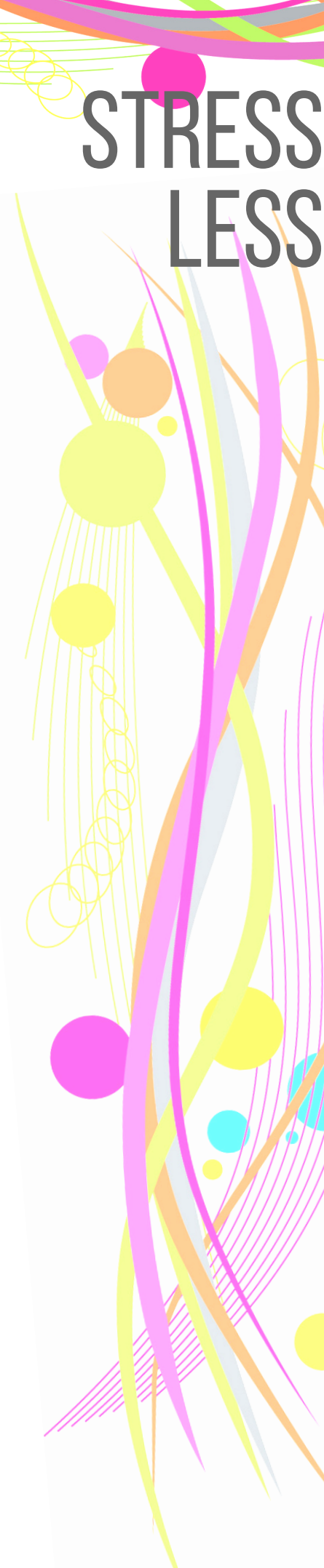
If you're studying for a specific end game, like a year 12 ATAR score, make sure it is realistic and tailored to your needs, calculate the score you need and use that to assist you in goal setting.

*For example, if you are wanting to get into a specific degree such as Biosciences, aiming for a 70 ATAR is potentially not enough. **Art of Smart** found students in their VCE/HSC who scored an ATAR of over 98 on average studied 2-3 hours per night.*

A great way to map out your free time to see just how much time you could potentially dedicate to reaching your goals is creating a time chart like the example below and colour coding the spaces with your time commitments. This one below was created with word, is aimed at a Year 12 student, and shows the uncommitted time in white.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00am							
2:00am							
3:00am							
4:00am							
5:00am							
6:00am							
7:00am							
8:00am							
9:00am	School	School	School	School	School	Work	Work
10:00am	School	School	School	School	School	Work	Work
11:00am	School	School	School	School	School	Work	Work
12:00pm	School	School	School	School	School	Work	Work
1:00pm	School	School	School	School	School	Work	Work
2:00pm	School	School	School	School	School	Work	Work
3:00pm	School	School	School	School	School	Work	Work
4:00pm	School	School	School	School	School	Work	Work
5:00pm	School	School	School	School	School	Work	Work
6:00pm	School	School	School	School	School	Work	Work
7:00pm	School	School	School	School	School	Work	Work
8:00pm	School	School	School	School	School	Work	Work
9:00pm							
10:00pm							
11:00pm							
12:00pm							

Sleep
School
Work
Sport
Family Dinner



HOW TO CREATE A STUDY PLAN

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This will give you a great basis to map where you could fit in some extra study, and give you the opportunity to be creative with your study options. Maybe you could be reading notes or listening to a podcast on the way to school/work/university? Just make sure you give yourself breaks! Not feeling up to it? It is totally okay to have a lazy day!

A good judge of whether you may need to reduce some of your commitments is to total the blocks. It is recommended that those in VCE have no more than 20 hours per week committed to things like work and sport as it is difficult to balance with school hour commitments.

From this you can progress to creating a plan of where you want to fit the times of study, you can continue to use your time chart for this, or you can progress to other study calendars like the links below!

It is always handy to have a visual guide of your tasks or assessments at hand, so make use of things like wall calendars or table documents to refer to.

Subject	Task	Due Date	Percentage of Grade	Complete?
Health	Oral Presentation	20/6	20%	
English	Essay	4/7	40%	
PD	Critical Appraisal	4/7	10%	
Social Sciences	Critical Reflection	10/7	25%	
English	In Class Test	28/7	15%	
PD	Oral Presentation	14/8	25%	

Make goals

Plan your time

Make sure there is balance!

Manage your tasks

Look after yourself!

TOP TRICKS & TIPS

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It's never too early - or too late - to get those good study vibes.

Everyone has their own way of studying and their own vibe, whether it's in your bedroom at night with the tunes cranking or a super quiet spot in the library.

Finding a study space and a regular study time that works for you is key to feeling more secure in your study vibe.

**Pick
A Time**
and Place.

Set alarms - Set alarms to remind you about when you are meant to be studying. But also, setting alarms to keep you on track while you are studying- set a timer for an hour to not be on social media.

Plan it out- Put all of your big assessments and exams on a yearly wall calendar, then plan out what study time you need to get them done and then break it down into manageable chunks.

**Plan
Your
Time**

Auditory learners prefer to learn by listening. Try reading your notes aloud and discussing them with other people. You might like to record key points and play them back.

Visual learners prefer to learn by seeing. Try using colours in your notes and draw diagrams to help represent key points. You could try to remember some ideas as images.

Tactile/kinesthetic learners prefer to learn by doing. Try using techniques like role-playing or building models to revise key points.

**LEARN
your
Learning Style**

Going over stuff you have studied that week can help you to understand the concepts and help you remember when you need them the most.

Quiz yourself - Get a friend or family member to quiz you on key concepts.

Make your own study materials - Think up some practice exam questions or create your own flash cards to help you study.

**Review
AND
REVISE**

It's important to take breaks while you're studying, especially if you're feeling tired or frustrated.

When you take a break, make sure you get away from your desk or study space.

Try not to stay at your study space and just go on social media... actually get away from the space that you are working at.

**Plan
A
BREAK**

HOW TO HAVE GOOD BREAKS

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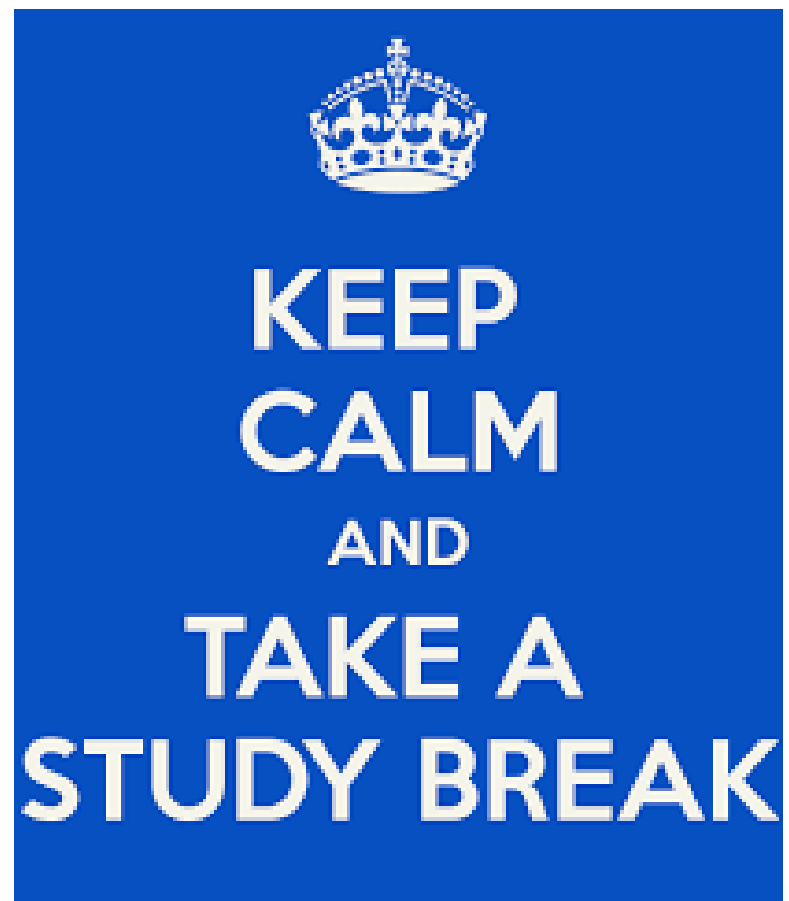
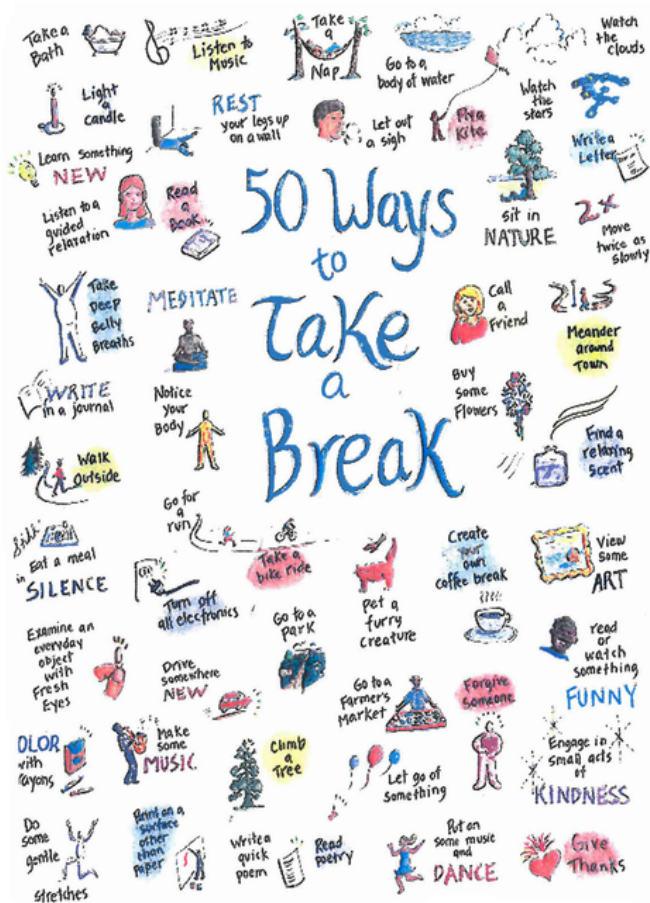
The routines that you get into for studying are really important. The best way to study is to focus for between 40 and 90 minutes, then take a 10 minute break where you do some kind of exercise.

Regular breaks really helps with your concentration when studying.

Have a little look at:

http://www.huffingtonpost.com/2013/12/19/youve-been-taking-breaks-_n_4453448.html

<https://www.fastweb.com/student-life/articles/energizing-study-break-ideas-what-to-avoid>



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TIPS FOR A HEALTHY HEADSPACE-SELF CARE

Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

Play

Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.

Sleep well

Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

Eat well

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. vegies, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.

Set realistic goals

Setting realistic goals can help you to work towards a healthy headspace. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

Change your self-talk

Self-talk is the way that you talk to yourself, that voice inside your head. It can be positive (e.g. "I can make it through this exam") or negative (e.g. "I'm never going to be able to pass this subject"). There are a number of things you can do to change the direction of your self-talk. First, listen to your inner voice – is your self-talk helping you or reinforcing bad feelings? Next, try to replace your negative thoughts with more realistic ones. Try to look for a more rational spin on your situation or think of strategies to tackle your problems, rather than giving up hope. By working on your self-talk the more you'll feel confident and in control of yourself.

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TIPS FOR A HEALTHY HEADSPACE-STUDY SNACKS

- 2 cans chickpeas (garbanzo beans) or about 4 cups cooked chickpeas from dried beans
- 2 tablespoons olive oil
- seasonings of your choice (see below for suggestions)



Preheat oven to 190 degrees.

Prepare the beans for roasting by draining and rinsing them, then letting them dry on a towel until most of the excess moisture is absorbed. Spread on a baking sheet lined with parchment paper or a silicone baking mat. Roast the chickpeas in the oven for 45-60 minutes or until the beans are crunchy throughout (just test one- if they are still mostly soft on the inside and there's no crunch, keep baking).

Immediately (while beans are still hot), toss with olive oil and seasonings. Serve hot or at room temperature. They are best the first day, but can be kept in an airtight container for up to 4 days.

Sesame Soy- 1 teaspoon sesame oil, 1 teaspoon garlic powder, 1/2 teaspoon sea salt, 1 tablespoon sesame seeds

Honey Cinnamon- 1 teaspoon cinnamon, a pinch nutmeg, 1/4 teaspoon sea salt, 2 tablespoons honey (you can throw these back in the oven for 10-15 minutes to caramelize if you like)

Garlic Parmesan- 1/4 cup grated parmesan cheese, 1 teaspoon garlic powder or 2 cloves fresh minced garlic, 1/4 teaspoon fresh cracked pepper, 1/2 teaspoon sea salt

Smoky Spice Blend- 1/2 teaspoon ancho chile powder, 1/2 teaspoon smoked paprika, 1/2 teaspoon garlic powder, 1/2 teaspoon cumin, 1/4 teaspoon fresh cracked pepper, 1/2 teaspoon sea salt, pinch cayenne (optional)

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HANDY WEBSITES AND APPS

TOP TIP: Don't want to clog your email with apps and websites you may sign up to for study and stress reduction tips and tricks? Create a separate account with gmail (or another email site) for this! Keeps your other inbox free and also doubles as a super handy resource collection you can pass on to the next person or use in the future.

ATAR Calculators- Use the ATAR calculator to calculate the scores needed throughout the year to reach your final score goal. These are a great way to plot your plan of attack throughout the year.

VCE ATAR: <http://vce.atarcalc.com/>

HSC ATAR: <http://www.atarcalculator.com.au/>

The Organised Student- A Tumblr blog by a recent graduate with a passion for studying! Find endless FREE time management & study planner printables, handy study hints & heaps more!

<http://theorganisedstudent.tumblr.com/printables>

Reachout –Want to make your own study planner? Venture over to Reachout to check out their 10 step guide, including examples from other students!

<http://au.reachout.com/how-to-write-a-study-timetable>

Momentum- Replace the new tab page on Google Chrome with a personal dashboard! Set a daily focus, track your to dos, and get inspired with a daily photo and quote! This is great for those that may get distracted by the pop-ups on the new tab, such as youtube and pop culture news grabs, as it takes away temptation and keeps you motivated. Looks great too!

<https://chrome.google.com/webstore/detail/momentum/laookkfnpbblfpciffpaejjkokdga?hl=en>

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Student's Toolbox- Pesky group projects getting you down? Head over to Student's Toolbox for a free group project planner download, plenty of advice and a huge resource library filled with detailed tutorials and free downloadable guides, planners and workbooks for all your student needs!

<http://studentstoolbox.com/group-projects/>

@StudyMotivator- Study Motivator is an Instagram page filled with motivation and encouragement to help you reach your goals! Study Motivator features people's study set ups, tips, motivational quotes and confidence boosters. If Study Motivator isn't the page for you, try Play Hard Study Hard (@Motivationforstudy), Study Tips and Motivation (@study.for.success), or Study Motivation (@Studyvation).

Top Universities: Top 7 time management tips for students- These tips are great for reminding you of what's important when devising a study plan, with an added plus of hilarious GIFs & Doggos!

<https://www.topuniversities.com/blog/7-time-management-tips-students>

STRESSING LESS APPS AND WEBSITES

Greatist- Are you scientifically minded? Want facts? The Greatist has a list of 23 Scientifically Backed Ways to Reduce Stress Right Now! Find the list (and all the research behind it) through the link below!

<https://greatist.com/happiness/23-scientifically-backed-ways-reduce-stress-right-now>

Mindfulness Meditation- A great app that includes daily activities that can help establish and maintain regular meditation practice, and a range of guided meditations from 5 to 40 minutes. Perfect for relieving that study stress!

<http://www.mentalworkout.com/store/programs/mindfulness-meditation/>

RESOURCES FOR PARENTS

Reachout- Parents section has information for parents to understand the stresses their young people may be facing, as well as things to try to help their kids. A great resource!

<https://parents.au.reachout.com/common-concerns/everyday-issues/stress-and-teenagers>

HOW TO HELP A MATE

Getting help for a friend can take a bit of time and effort but it is worth it.

As part of being a good and supportive friend, there are times when we will need to check in with our friends, to ensure that they are okay. Good help will assist your friend to deal with their problems and help them get on with life.

What not to do or say:

- Don't tell them to cheer up or get over it - this is not helpful.
- Don't encourage them to have a night out involving drugs or alcohol. Substance use may help them cope with their concerns temporarily, but is likely to make things worse.
- Don't make promises you can't keep - if your friend is at risk of harming themselves or somebody else, you need to seek immediate help, even if they ask you not to.
If your friend tells you that they're not okay...

1. Listen and try not to judge or "fix things" straight away - taking the time to listen lets them know that you care and that their feelings are important. If someone has been going through a tough time, it can be a big relief to talk about what has been going on. Listening can be helpful, even without taking any actions, it might just be what they need. And don't panic, the fact that your friend sees something is wrong is a really important first step.

2. Let your friend know that they don't have to go through this on their own and that you are there to help and support them.

3. Some people need 'time' or 'space' before they're willing to accept help. Just giving them information about where to get help or providing them with fact sheets can be useful.

4. Suggest the read stories about other young people who have made it through difficult times; it may help reduce their feelings of being alone and give them hope for the future.

5. Be honest about why you are worried and ask if anyone else knows about how they are feeling.

6. Encourage them to try some self-help strategies. Things like eating well, exercising, writing feelings down, getting enough sleep, doing things they enjoy and avoiding alcohol and other drugs are just a few self-help tips that your friend could try.

7. Don't be too forceful in encouraging self-help activities. It's important to understand that your friend may not feel able to use them because of how they are feeling, or they may not be enough to help them to feel better. If they're interested, you may be able to do some of the strategies with them (e.g. going for a walk, watching their favourite movie).

8. Let them know about eheadspace if your friend would prefer to seek help online rather than face-to-face. eheadspace.org.au provides free online and telephone support (1800 650 890) for young people. Lifeline (13 11 14) and Kids Helpline (1800 55 1800) also provide free and confidential support over the phone.