

Beat Blues

Burning mid-night oil, umpteen number of revisions, unfinished portion, tears, meltdowns, stress, stress and more stress - all symptoms of the final exams lurking round the corner. Till the exam gets over in March, the anxiety level of children including the parents will touch its pinnacle. This is not the time to breathe down their neck or set unreal/ unachievable goals but be their friend. Make yourself available and help them in every possible way to wage this crucial war and emerge victorious.



How Can I Help?

❖ Create a Timetable

Learning to manage time is key to success in life as well as during exams.

- To avoid chaos, help your child create a study timetable to revise all the subjects on time.
- Sit with them & chalk out a realistic timetable for each subject.
- Discuss their preferred time (some learn and remember better in the morning where as others at night) to study.
- It is not advisable to compel the children to study 8-10 hours at a stretch.
- Sketch a feasible time to study as well as relax in between the study hours for better results.



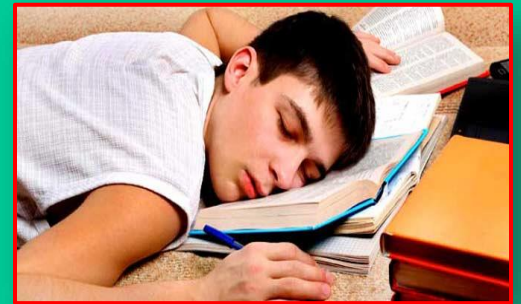
❖ Take Time Out

- Check the portion for exam and work accordingly with the child.
- Sit with the child & assist in revising the study material.
- Re-work on basic concepts if they are confused.
- Set a mock test at home for them to write well, organize the answers and gain confidence.



❖ Monitor their sleep pattern

- Make sure the child gets adequate sleep.
- Early to bed and early to rise is the best way. However, some children study better at night when all is quiet and calm. As parents, it is important to monitor their sleep pattern so they aren't awake the whole night.
- Advise & help them sleep better to relax their body and mind.
- Ban phones & tabs completely during exams to ensure a better sleep pattern.



❖ Emotional & Mental Support

- Provide emotional, mental support and much needed assurance to overcome their angst.
- Use magic words like “Don’t worry this is just another exam”, “I know you can do it”, “Don’t worry about the results, just do your best” etc.
- Be mindful. Talk to them about their exam stress & anxiety and offer to help provide 360 degree support.
- Every child is different and gifted. Focus on their strengths. Don’t compare them with other children.



Last but not the least, keep a check on their diet and food habits. Make sure they eat adequate nutritious & healthy food to keep them fit.

Dear Google, could I sit next to you during my exams?"

--- Sincerely, every student

Well, not Google but definitely a lot of healthy & nutritious food would help students beat the exam blues. A wise man once said "food can make or break an individual." True to his words we all know that healthy food fuels the brain and keeps it active to function optimally throughout the day. Including healthy food like nuts, milk, fruits, eggs that will lower the stress, anxiety & certainly gear up for some learning and creative thinking. Stay away from junk food.

