

Overcome examination stress through Mindheal homeopathy

Q. I am a 17-year old girl studying 8-10 hrs daily for my HSC exams. Yet, I worry about failing and my parents' reaction if I fail. I don't feel like eating, can't sleep well and experience nausea at times. Please help me.

A. You suffer from "examination fever", a condition in which students experience extreme stress during examinations due to fear of failure.

SYMPTOMS / EFFECTS OF EXAMINATION FEVER:

- Stomachache / headache
- Anxiety / Panic Attacks
- Fatigue due to mental exertion
- Lack of concentration
- Memory weakness / difficulty in retention
- Nausea / Vomiting
- Dizziness
- Sleep Disturbances
- Frequent Mistakes
- Poor Performance

5 tips for students for dealing with Exam Fever:

- Sleep well for at least 6-7 hours.
- Eat a well-balanced diet comprising cereals, vegetables, fruits, dal, and milk products. Include Vitamins B & C. Drink at least 8 glasses of water. Avoid junk food.
- Exercises (walking, jogging) help release endorphins in the body thus relieving stress. Also, relaxation and meditation substantially reduce stress.
- Before studying, write a mock exam. This will tell you how much you already know and will save your study-time, thus giving you confidence to face exams.
- Research has linked spirituality with better emotional well-being. Hence, focus on giving your best and leave the results to God.

TIPS FOR PARENTS:

- Stop nagging, criticizing and comparing your child with his/her peers. Remember that s/he is more important to you than exams.
- Spend at least half-an-hour everyday with your child and talk to him/her about his/her feelings and problems.
- Don't impose your ambitions upon your child. Let him/her decide what he/she wants to become. Exams are for learning, not for boasting about your child's achievements.
- After the exam, do not discuss the question paper with your child. Let him/her start studying for the next exam.
- For problems beyond your control, seek professional help.

At MindHeal Homeopathy, we have a 3-point programme to enhance your child's health and preparedness for exams:

- **Consultation to determine your child's problem**
- **Counselling to improve performance**
- **Effective & individualized medication for stress-related health problems & learning / behavioural disorders.**

Nobody is perfect. Hence, parents should feel blessed that their children are special and provide them love and support.



For queries and appointments at MindHeal Homeopathy, contact 25230530, 9930363981 or crm@mindheal.org. Website: www.mindheal.org.