

# Strategies for Parents and Students

Tips and Tricks to Survive Exams

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## **Tonight's Strategies:**

- **“De-stressing” Activities List**
- **Brain Breaks**
- **Deep Breathing**
- **Mindfulness of breath and sound**
- **Body scan**
- **Pre-Test Practice**
- **Positive Focus: Gratitude**
- **The Fundamentals**

What are the things YOU do to relax?

Mentally revitalizing activities that provide a break.



# Brain Breaks

**The importance of fun and connection, and the value of distraction.**





# Calm the body, calm the brain.

**Deep breathing,  
Mindfulness of breath and  
sound, body scan, pre-exam  
practice**



# Creating a positive mindset

**Practicing Gratitude**



# The Fundamental S

**Eat, drink, sleep, move.  
(Repeat)**





# Helpful Stress Relief Apps



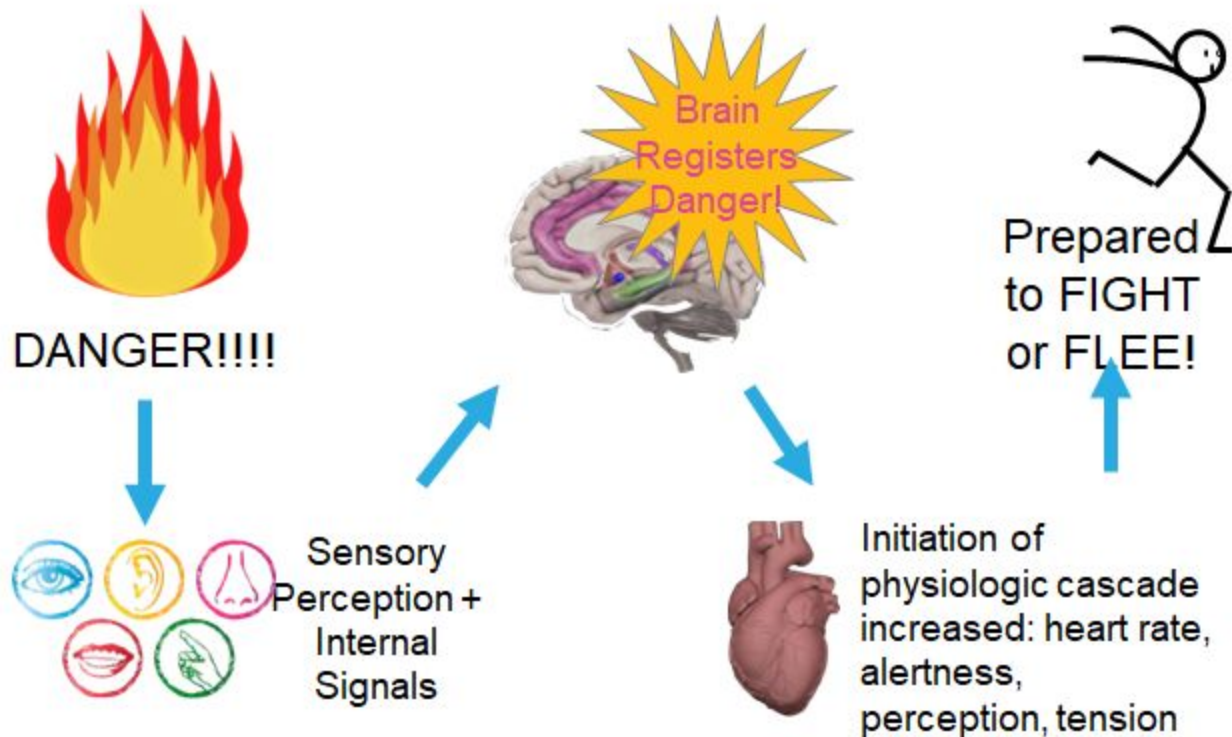
**When it comes to stress  
management, think  
preventatively.**

**Thank you!**

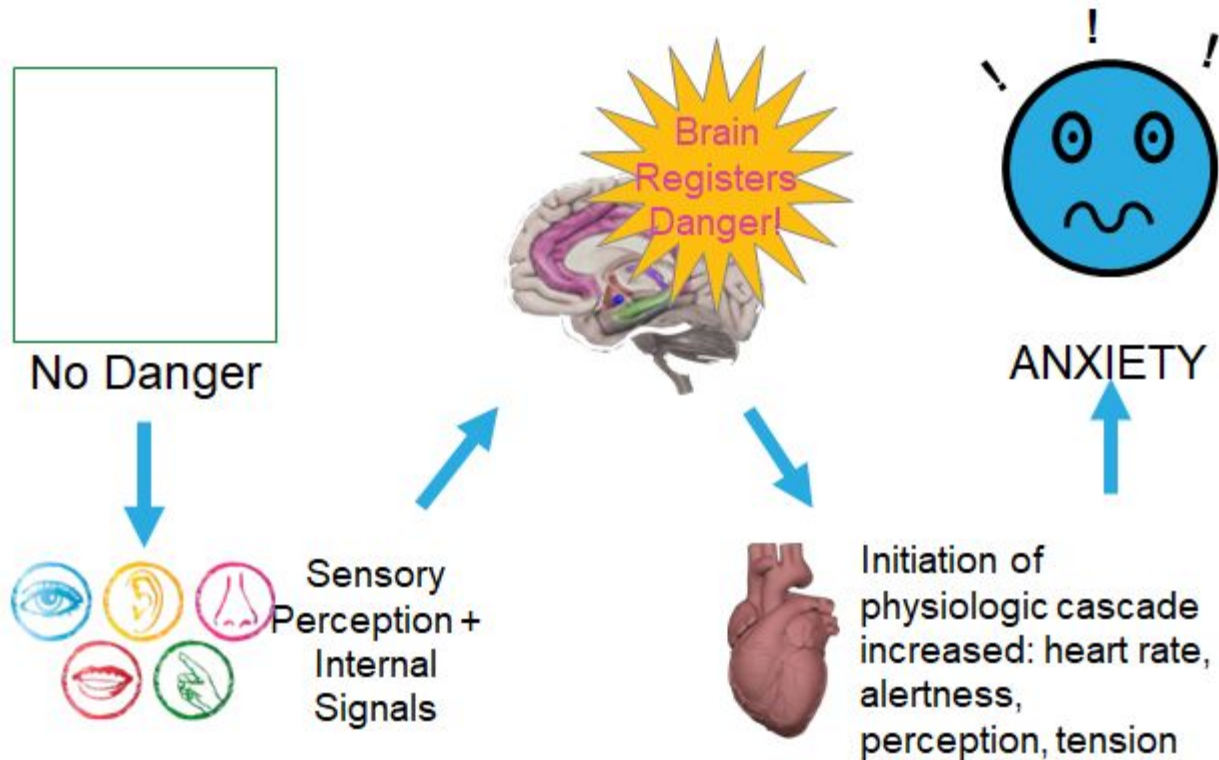
**Questions?**

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(780) 672-6131 ext. 6948**

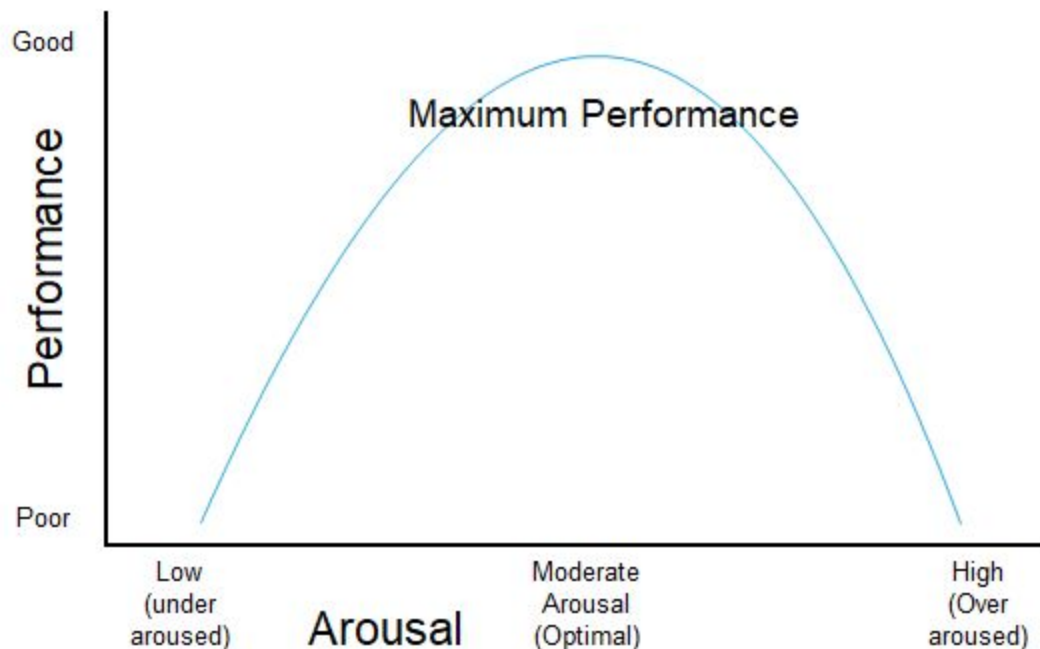
# What is Signaling?



# What is Normal Stress/Anxiety?



# Inverted U-Shaped Relationship Between Arousal and Performance



Hebb, D. O. (1955). *Psychological Review*, 62, 243-254