

# PiXL Endurance

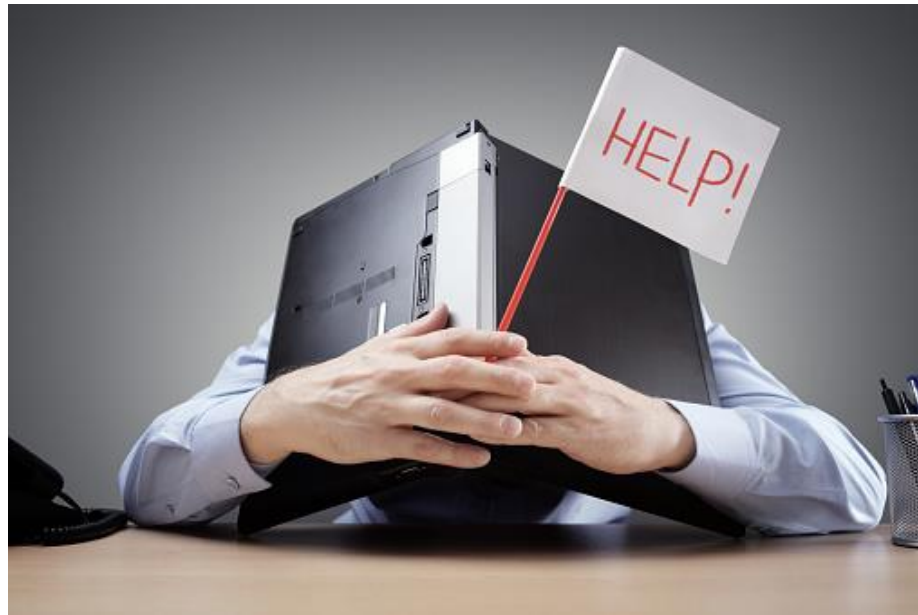


PiXL   
Endurance  
to Perform

# What is stress?

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Stress is a state of mental or emotional strain or tension, caused by adverse or demanding circumstances.



# What factors contribute to stress?

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1. Lifestyle: quality of rest, exercise, nutrition and time.
2. Information needs: exam strategies, plans and revision.
3. Psychological factors: feelings of control, the way we think of ourselves and the amount of pressure we put on ourselves.
4. Poor studying styles: binge studying, trying to memorise text books, inconsistent content coverage, all-night studying etc.

# How can we stay calm and manage our stress levels?

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Although some stress can be good to motivate us, keep us alert and ready to tackle challenges, it is important to not let it get out of hand. Too much stress will keep us from performing at our best.

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‘Anxiety’s like a rocking chair. It gives you something to do, but it doesn’t get you very far.’

Jodi Picoult

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‘Nothing diminishes anxiety faster than action.’

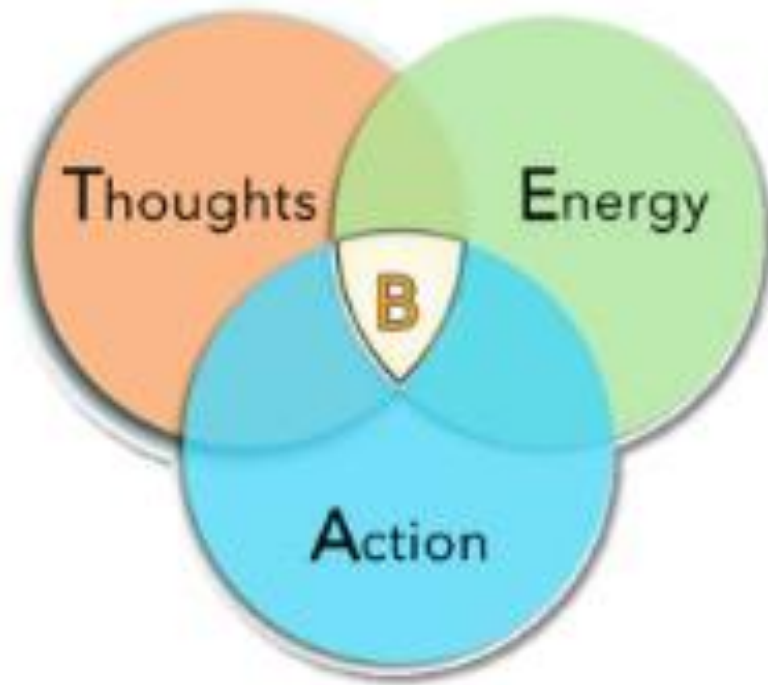
Walter Anderson



# Positive self-talk: as simple as A-B-C

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- A = Activating event, for example taking a test activates tension – so plan in advance what you will do to help reduce this tension.
- B = Belief – be positive and create a set of statements to remind yourself that you can do this.
- C = Consequences – as a consequence of taking steps to reduce your tension and reminding yourself of your positive beliefs you should calm down and re-divert your energy in a more positive way to tackling the exam.



**B = Best You Can Be**



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‘Nothing can bring you peace but yourself.’

Ralph Waldo Emerson

# The Mindful Unplug

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- Unplug from technology everyday at least an hour or two before bedtime.
- Unplug yourself from the busy world and get out into the fresh air everyday.
- Unplug yourself from phones and other distractions when you're revising.



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‘Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.’

Deepak Chopra

# Keep Calm and Carry On

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<https://www.youtube.com/watch?v=FrHkKXFRbCI>



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