

Name \_\_\_\_\_

## Strategies for Coping with Stress During Exam Season

### Multiple Choice Questions

1. What is one way to study smart during exam season?
  - a) Cram all your study into one night.
  - b) Make a study schedule and study a little each day.
  - c) Don't plan your study sessions.
  - d) Avoid breaks between study sessions.
  
2. Why is sleep important during exam season?
  - a) It helps you stay awake during the day.
  - b) Sleep releases stress.
  - c) A good night's sleep helps your brain function better.
  - d) Sleep is not important for studying.
  
3. What is a relaxation technique that can reduce stress?
  - a) Eating sugary snacks.
  - b) Taking short breaks.
  - c) Deep breathing and meditation.
  - d) Avoiding physical activity.
  
4. How can physical activity help with stress?
  - a) It makes you feel more anxious.
  - b) It releases endorphins, which are natural mood lifters.
  - c) It makes it harder to concentrate.
  - d) It causes sleep problems.
  
5. What should you do if you're feeling overwhelmed during exam season?
  - a) Keep your concerns to yourself.
  - b) Talk to your teachers, parents, or friends for support.
  - c) Eat more sugary snacks.
  - d) Skip meals to focus on studying.

