

Name _____

Strategies for Coping with Stress During Exam Season

Multiple Choice Answer Key

1. b) Make a study schedule and study a little each day.
2. c) A good night's sleep helps your brain function better.
3. c) Deep breathing and meditation.
4. b) It releases endorphins, which are natural mood lifters.
5. b) Talk to your teachers, parents, or friends for support.

