

# Emotional check-in

Reacting with strong emotions?  
**HALT!** And check the following:

Are you:

**Hungry?**

**Angry?**

**Lonely?**

**Tired**

**Sad/Sick/Stressed?**

These may be amplifying your feelings!



**walk different**  
Psychology done different

# Tips for better sleep

- Set a regular bedtime
- Limit screens 30 minutes before sleep
- Put devices on 'do not disturb'
- Try screen-free alternatives - sudoku, magazines, books
- Reduce caffeine in the afternoon/evening
- Create a soothing night time ritual
- Try a gratitude journal - review positive events of the day
- Get some exercise during the day



# Breathing exercise

Feeling overwhelmed?

**Take a few deep breaths for 2 minutes**

**Talk** to a trusted friend or parent

Focus on 5 things you can **see**,  
4 you can **touch**, 3 you can **hear**,  
2 you can **smell**, 1 you can **taste**

**Write** your thoughts in a journal

**Reflect** on how you overcome  
challenges in the past

**Ask for help!**

If you feel overwhelmed often, talk to a  
psychologist, try a counselling service online,  
over the phone or in person



**walk different**  
Psychology done different

# Coping with exam stress

- Plan early - create a study schedule
- Acknowledge your efforts!
- Take regular breaks - every 45-70 mins
- Make time for fun with friends
- Get some exercise
- Drink more water, limit caffeine intake

