

Managing Exam Anxiety: Coping Strategies for Students

1. Anxiety is a natural human emotion that comes into play in times of stress
 - Stress can have both positive or negative effects. Positive effects can improve individual performance, while negative effects can lead to anxiety and depression.
 - Stress can trigger the autonomic nervous system in human body, causing the relevant organs to react and cope with the challenges. Under normal circumstances, the body and emotions will return to a relaxation state when stress subsides.
 - Prolonged stress not only can cause physical discomfort and weaken the immune system, but also affect the endocrine system, causing difficulty in controlling emotions and inducing negative thoughts.
 - Pay attention to anxiety signals from the body, emotions, behaviours and thoughts can help relieve stress.

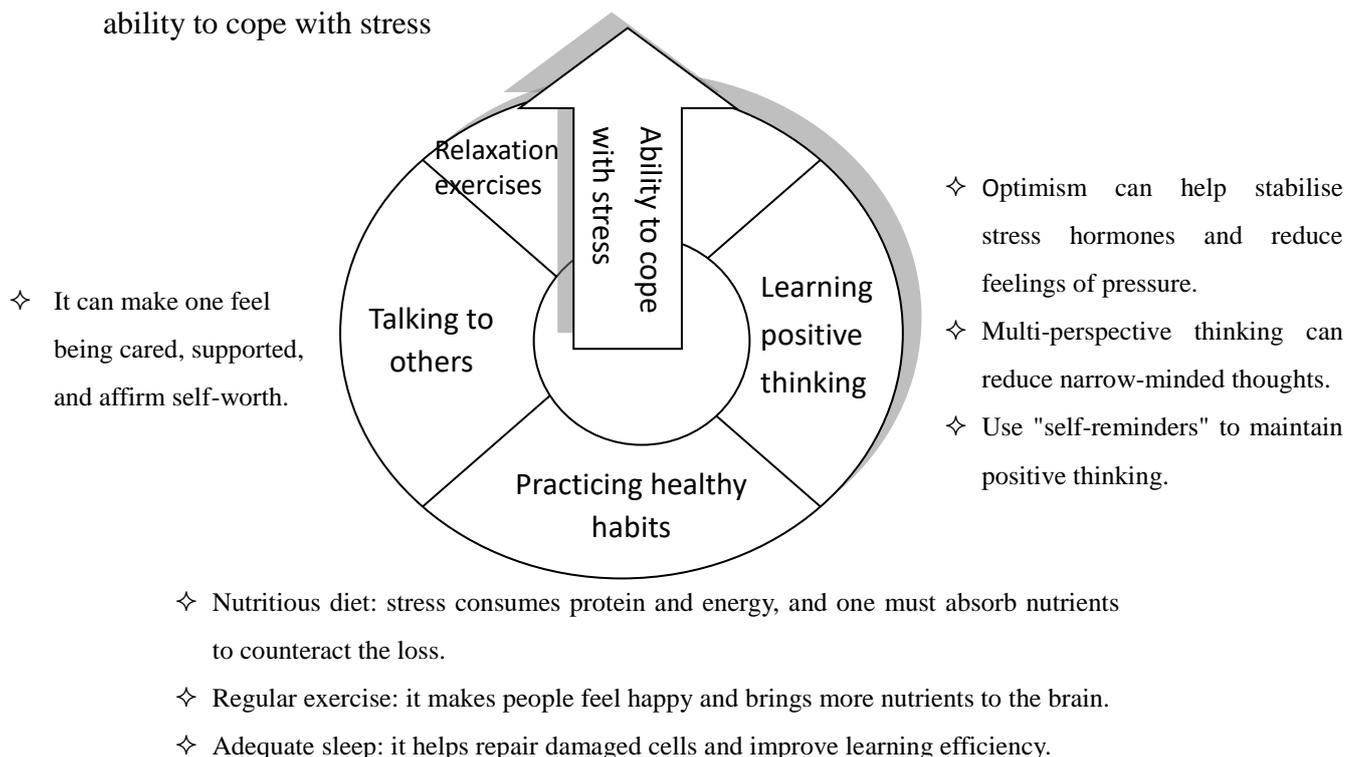
2. Relaxation exercises can effectively reduce the negative effects of stress on the body and mind

- Basically, relaxation exercises include "diaphragmatic breathing," "muscle relaxation," and "imagery relaxation." In addition, there are "audio-focused relaxation" and "olfaction-focused relaxation."
- For related information, please visit the Student Health Service website of the Department of Health:



https://www.studenthealth.gov.hk/english/emotional_health_tips/eht_re/eht_re.html

3. Practicing healthy habits, talking to others, and learning positive thinking can increase the ability to cope with stress



4. Excessive anxiety can hinder normal life and requires help from professionals
- Anxiety disorders affect nearly 7% of teenagers. If one often feels anxious, fearful, worried, irritable, physically uncomfortable or persistently engages in avoidance behavior that hinders daily life, it is necessary to seek help from professionals such as doctors, psychologists or social workers.