

# Ways to Relieve Stress During Testing Week

## PURPOSE //

- Encourage students to try activities that will help them relieve stress during test weeks

## INSTRUCTIONS //

### Materials

- 10 Ways to Relieve Stress During Testing Week List
- 8 Ways to Relieve Stress During Testing Week List

### Application

- Print this list to share with students, parents, and teachers.
- Consider sharing the lists on social media.
- Hang these lists around the school.
- Have students get creative and think of even more ideas!

### Assembly

1. Decide if you want to use the ways listed by Erika's Lighthouse, or edit the list to include your own ideas.
2. Print out the lists.
3. Hang up around the school building/campus.
4. Hand out to students before and during testing week.

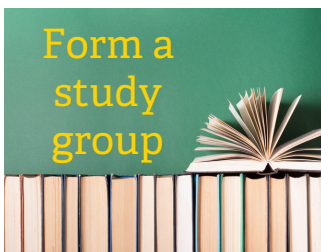
**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:

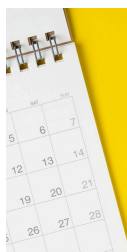


# 8 Ways to Relieve Stress During Testing Week

Form a  
study  
group



Make a  
plan  
&  
start  
early



Practice mindfulness and  
meditation



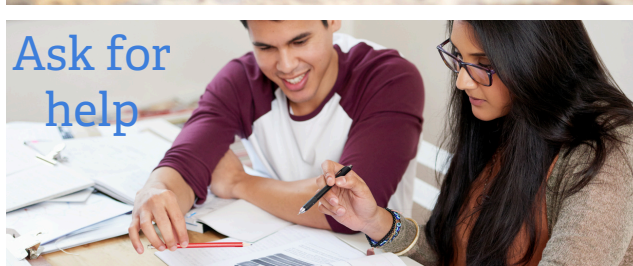
8 Ways to  
Relieve Stress During  
Testing Week



Take breaks!



Ask for  
help



Get a good  
night's sleep



Make  
a  
playlist



Eat healthy meals



 Erika's  
Lighthouse



Erika's Lighthouse

For more information on mental health, check out [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)

# 10 Ways to Relieve Stress During Testing Week

1. **FORM A STUDY GROUP!** Studying is always more fun when you have a buddy or two.
2. **START EARLY AND MAKE A PLAN!** It'll be beneficial to start early so you're not cramming the night before the test.
3. **TAKE BREAKS!** Whether it's going for a quick run, grabbing a snack, or watching an episode of your favorite show, study breaks are important for good mental health!
4. **PRACTICE MINDFULNESS AND MEDITATION** to regain focus during a long stretch of studying.
5. **MAKE A PLAYLIST** full of music that helps you get into the zone! (Classical music has been shown to help students retain information while studying.)
6. **ASK FOR HELP!** Don't be afraid to reach out to your teachers if you're struggling. That's what they're there for.
7. **EAT BALANCED MEALS!** Not being hungry will help you focus on studying. Stick to water and herbal tea (no caffeine!) so you don't have trouble falling asleep when you're done studying.
8. **GET A GOOD NIGHT'S SLEEP!** It's very important that you are rested and energized while studying.
9. **KNOW YOUR LIMITS** and stick to them! Your mental and emotional health come first.
10. **PLAN SOMETHING FUN** for after your last test: anything from going to see a movie to sitting on the couch eating ice cream! Having something to look forward to will be a great motivator.



Erika's Lighthouse