



# Pentecostal Voice

## Your Study Stress Guide

### Feeling Heavy?

Stress, a topic which has sparked heated discussion among the public since the escalation of awareness towards mental health. Some say stress can be a motivation, others say that it's a big boulder behind your back stifling you with pressure. On the surface, stress might seem to be a simple feeling that you encounter everyday, but there's actually a complex science hidden behind the curtain of stress waiting for you to unwind.

With the exam marching closer and closer towards us, we believe its important for you to understand and deal with stress.

Read this article to find out more about stress and how to handle it. Along with some student & teachers testimonials surrounding stress.



### What Is Stress?

You feel stress when you encounter challenges or threats like tight deadlines, financial worries or relationship issues. It's a natural response from your body when pressure from situations is applied to you, this feeling also triggers the body's "fight or flight" response.



### How to Fight this Issue?

To manage student stress effectively, students can try mindfulness, exercise, and healthy eating. Mindfulness is the practice of deep breathing and meditation which reduces stress and improves focus.

Regular exercise, including activities like walking, yoga, or swimming, releases endorphins that act as natural painkillers and lower stress levels.

A balanced diet rich in fruits, vegetables, and lean proteins supports overall well-being and can help manage stress symptoms like irritability and anxiety.

### Why Is It Bad?

Overwhelming stress can lead to physical symptoms like a faster heartbeat, tense muscles and mental problems like anxiety or headaches.

Chronic stress can cause serious health issues, including insomnia, depression or even a weakened immune system.

### How to Notice Stress?

Have you ever noticed someone always with a tired face or bad temper? These are classic signs of stress! You might also spot nervous habits like nail-biting and leg shaking.

Emotionally, they could seem depressed or more negative than usual. These are the ways for our body to cope with stress. So next time when you see your friends like this, try lending a listening ear! Sometimes, that's all they need.

Is she okay?

"I remember once seeing a girl in the morning with two big dark circles. She told me she was up all night worrying about the upcoming exam"  
- Jayden

"Before my F2 exam, I was so stressed and then I listened to "ByeJack" which helped me to feel more relaxed."  
- Kaley

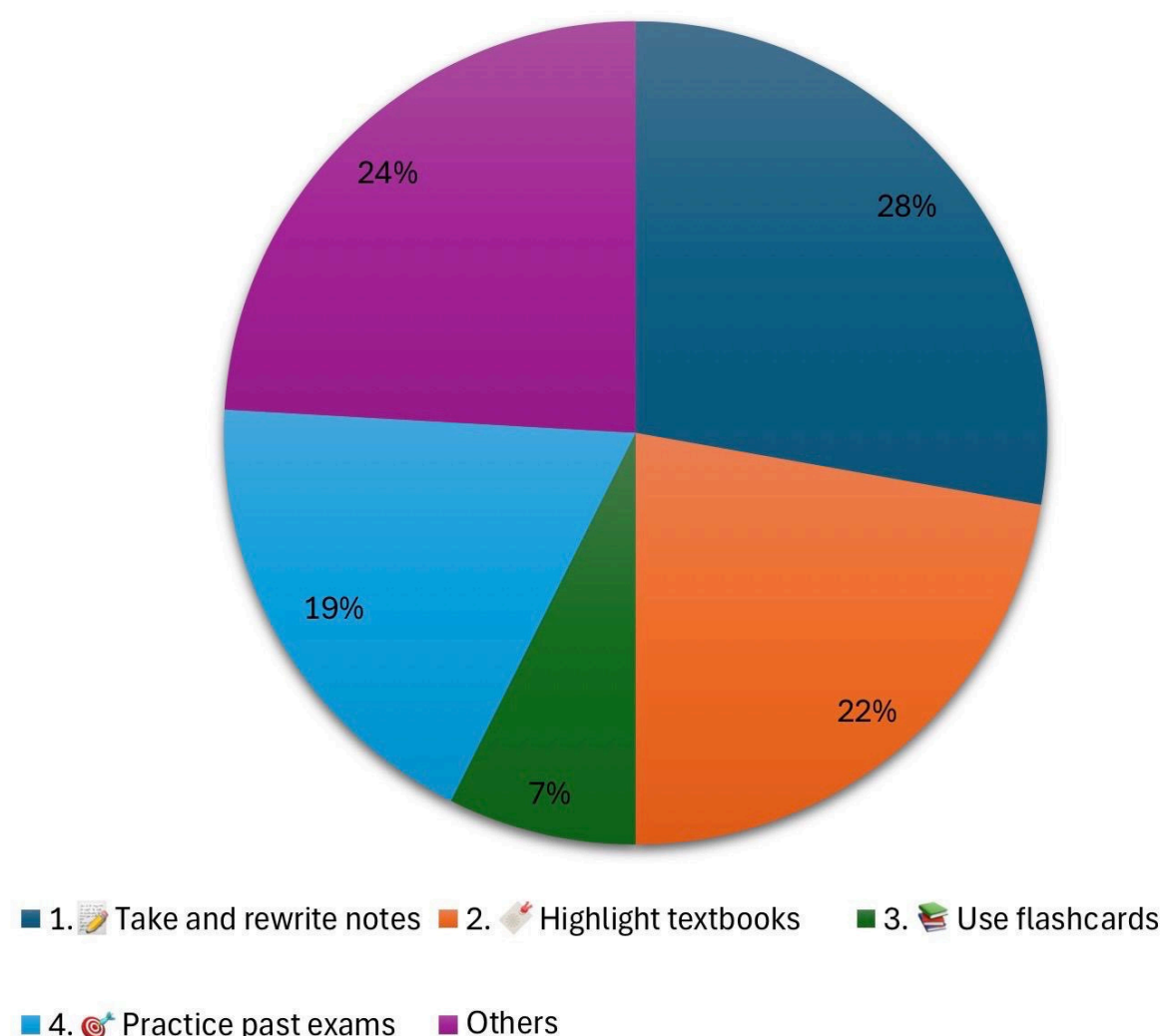
"I was stressed about speaking English in front of the school so I took a few deep breaths and told myself it would be okay."  
- Irena

"When I'm feeling stressed I love to push myself at the gym or do some stretching. It's really relaxing and the increased heart rate also releases feel good hormones."  
- Mr Alex

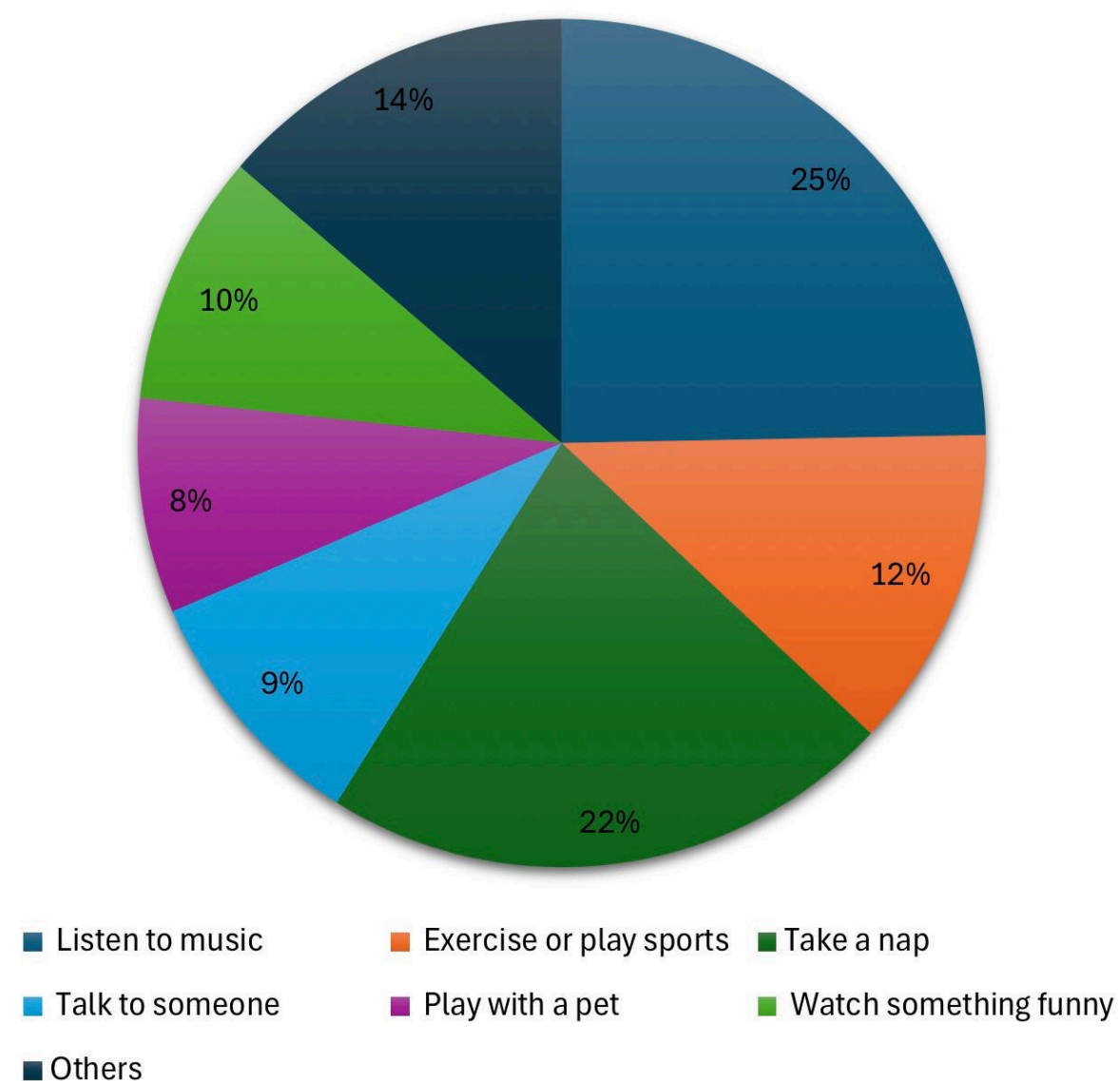


We have asked one hundred students studying in Pentecostal School on both how they would deal with stress and how they study. We tallied their responses below.

### How do you study?



### How to deal with stress?



### Tips for studying

1. Set a time limit and take regular breaks
2. Write down what you have to study in priority order to help you organize
3. Put your phone away from eyesight to remove distraction
4. Naps after learning can improve memory

### Tips for dealing with stress

1. Practice deep breathing exercises
2. Vigorous exercise or strength training regularly making sure to get enough rest & sleep
3. Focus on balanced diet, with a sufficient amount of fruits, veggies & meat
4. Have a supportive social circle around you

## Make Your Own Stress Ball

Items needed:

- 1 Balloon
- Empty plastic bottle (no lid needed)
- Flour
- (Colored marker pens)

Step 1: Take your empty water bottle, and fill it up just over one half with flour if a 330ml bottle. (About 35-40% if 500ml)

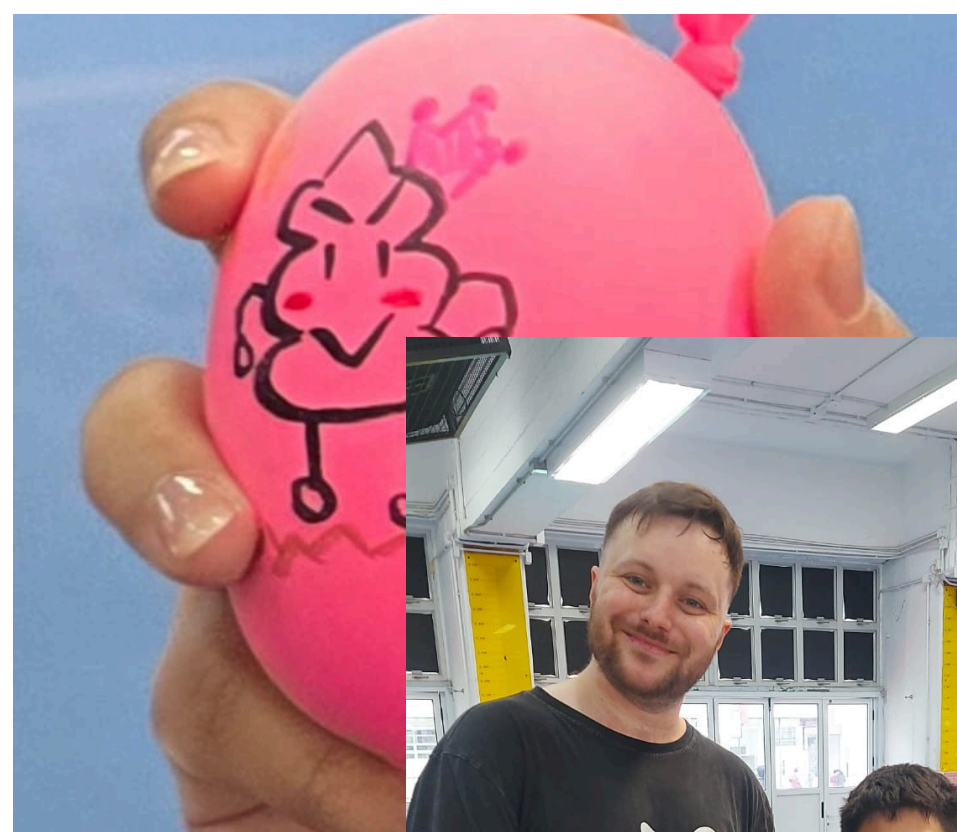
Step 2. Blow up your balloon to about the size of a large pear and carefully place the open end over the open bottle (make sure to not let air escape).

Step 3. Carefully tip the bottle to allow the flour to fall into the balloon. (You may need to tap the bottom of the bottle a few times)

Step 4. After all the flour is in the balloon, carefully take off the balloon and let ALL the air escape the balloon. **BE SURE TO DO THIS SLOWLY SO THE FLOUR DOESN'T SHOOT OUT.**

Step 5. Tie your balloon up, and draw whatever decorations you like.

VOILÀ, You have made your own stress ball(oon)



If you need a balloon you may collect from Mr. Alex

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