

PREPARE FOR EXAMS: STRESS CHECK-UP

Spot the signs!	Yes/ No	If YES: How much has this changed? A little or A lot?
<p>Are you finding it hard to focus on what you are doing?</p> <p>Do you tend to forget things?</p> <p>Do you find decision making hard?</p>	Yes/ No	<p>A little/ A lot</p> <p>A little/ A lot</p> <p>A little/ A lot</p>
<p>Are you losing sleep?</p> <p>Do you have headaches?</p> <p>Do you feel tense?</p>	Yes/ No	<p>A little/ A lot</p> <p>A little/ A lot</p> <p>A little/ A lot</p>
<p>Do you follow a study routine?</p> <p>Do you find it hard to concentrate?</p> <p>Are you thinking about failing your exam?</p>	Yes/ No	<p>A little/ A lot</p> <p>A little/ A lot</p> <p>A little/ A lot</p>