

Forum:[Hack Forums](#)

Thread: [Anti-stress/stress-handling tips?](#)

Kayoz - March 19, 2014, 4:37 pm

Lately I've been having a bunch of exams and tests which is really starting to stress me out. I can barely take my mind off how many hard and annoying tests I have coming up.

It has gotten to the point where I can't sleep until something like 1 am even if I go to bed around 11 pm.

Please leave any and all helpful tips on this thread or in a pm.

Note: I have already tried the not giving a fuck method and all that did was lower my grades.

Graybyte - March 19, 2014, 4:40 pm

The way I see things is like this:

Do you have a problem?

No: Dont worry about it.

Yes: Next Question

Can you fix it?

No: Dont worry about it.

Yes: Fix it.

Kayoz - March 19, 2014, 4:57 pm

(Mar 19, 2014 04:40 PM)Vigor Wrote: [\[CITE\]](#) The way I see things is like this:

Do you have a problem?

No: Dont worry about it.

Yes: Next Question

Can you fix it?

No: Dont worry about it.

Yes: Fix it.

Thanks, will try to stay positive :)

anonym0.ous - March 19, 2014, 4:59 pm

just do what i do...if you cant change it fuck it, if you cant say fuck it then roll up and smoke up till you can

Vola - March 19, 2014, 5:00 pm

(Mar 19, 2014 04:59 PM)anonym0.ous Wrote: [\[CITE\]](#) just do what i do...if you cant change it fuck it, if you cant say fuck it then roll up and smoke up till you can

Yea, so don't do that. Just take it a step at a time. You can easily get overwhelmed by viewing the big picture and not the stepping stones to that make it up!

Kayoz - March 19, 2014, 5:05 pm

(Mar 19, 2014 05:00 PM)VirtuaNick Wrote: [\[CITE\]](#) Yea, so don't do that. Just take it a step at a time. You can easily get overwhelmed by viewing the big picture and not the stepping stones to that make

it up!

Probably good advice, the fuck it method only fills me with regret afterwards and that's a horrible feeling.

Mutantmass3 - March 19, 2014, 5:08 pm

I found that making a schedule to breakdown the time I should devote to each final helped a lot. Gave me a lot of direction and forced to me focus on one thing instead of having the thought of, "maybe I should be studying for this other subject instead", floating into the back of my mind every other moment.

You can also try working out after dinner, by the time 11 rolls by you'll be too tired to stay up :P

upatdatem - March 19, 2014, 5:12 pm

Shooting heroin works really well. IMO.

Kayoz - March 19, 2014, 5:12 pm

(Mar 19, 2014 05:08 PM)Mutantmass3 Wrote: [\[CITE\]](#) I found that making a schedule to breakdown the time I should devote to each final helped a lot. Gave me a lot of direction and forced to me focus on one thing instead of having the thought of, "maybe I should be studying for this other subject instead", floating into the back of my mind every other moment.

You can also try working out after dinner, by the time 11 rolls by you'll be too tired to stay up :P
The excersising tip is actually what I use to do but I've been sick for like a week and a half and not able to excersise properly, might even be the source of my problem.

Thanks for the advice!

(Mar 19, 2014 05:12 PM)upatdatem Wrote: [\[CITE\]](#) Shooting heroin works really well. IMO.
How about no. Go troll somewhere else please.

YeAt - March 19, 2014, 5:27 pm

smoke bluntz. da og kush will drift ur mind away from these thoughtz.

hackaquack - March 19, 2014, 5:28 pm

Well, I just finished taking the CAHSEE(California High School Exit Exam) and it was pretty easy for me. Here are a couple of test taking tips I use:

-When stressed out, take a quick break. Put your pencil down, sit back and take some deep breaths. Look at your surroundings and relax for a minute or two. When done, back to the test.

-Eat breakfast or carry a small snack like a food bar or some chips with you. Some M&M's can be enough too. A small meal or snack will give your brain the energy it needs without focusing too much on digesting the food. No big foods. Just enough to make you feel satisfied.

-Put effort into the test. After taking breaks, tell yourself, "Okay, back to the test" and focus on the test. Just focus on the questions. Concentrate.

Hope I helped. :D

Kayoz - March 19, 2014, 5:39 pm

(Mar 19, 2014 05:28 PM)hackaquack Wrote: [\[CITE\]](#) Well, I just finished taking the CAHSEE(California High School Exit Exam) and it was pretty easy for me. Here are a couple of test taking tips I use:

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Hope I helped. :D

This actually helped a lot! I feel like I'm gonna go and nail that shit now :D

Thanks!

(Mar 19, 2014 05:27 PM)YeAt Wrote: [\[CITE\]](#) smoke bluntz. da og kush will drift ur mind away from these thoughtz.

The problem with that is...

1. My parents are very anti-drug and would kill me if I did anything.
2. I don't know anybody that can actually deal. (I know a guy who knows a guy who knows a guy but that's about it)
3. Never smoked weed before and I don't think starting in a stressed enviroment would be very useful.

kruupt - March 19, 2014, 6:19 pm

You can try taking several deep breaths and listening to music, that usually helps me.

sebcole - March 20, 2014, 5:33 pm

Uplifitng trance music for getting energy out and smooth prog house for relaxing / chill. Sedi, Mindset and the like.

Carl Elias - March 20, 2014, 6:12 pm

My method is sleep, music, and not worry about it. I am able to just forget things and stop worrying so it works for me. Also when I do those, my grades actually improve because I over think things a lot when I shouldn't

-Ty

BLURRYF?CE - March 21, 2014, 12:45 am

Maybe Anxiety pills though some good old marijuana would probably do wonders as well.

Clique - March 21, 2014, 12:56 am

I honestly just think "everything's going to just be fine" and I'm always right.

Hustla - March 21, 2014, 12:57 am

Smoke some weed.. I swear that's the best stress reliever. Shit will have you on cloud 9 and no worries will be running through your mind.