



How to survive the exam session and avoid burnout

# Do not study until you are exhausted

A brain tired from stress and lack of sleep cannot absorb knowledge, even if you sit over your notes for 10 hours

Better:

- Study for shorter periods of time, but regularly
- Take a break every 45–60 minutes
- Treat sleep as a part of learning, not a luxury



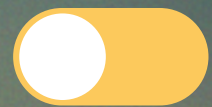


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# Regeneration is not a waste of time



A short walk, a shower, a breath of fresh air, a conversation with someone you trust – these things reset your nervous system



15 minutes of rest can be more beneficial than another hour of forced learning





# Fatigue is a signal, not a character flaw



Headaches, irritability, crying for no reason, feeling “having a blank mind” — this is not laziness, but an overloaded nervous system



If you ignore the signals from your body, it will force a break anyway



# Quick techniques for calming your thoughts

## **Breathing 4–6**

Inhale for 4 seconds → exhale for 6 seconds  
Repeat 6–8 times

## **Body relaxation**

Tense your arms for 5 seconds → relax.  
This is a signal to your nervous system that ‘it is safe’

## **Be “here and now” – name in your mind:**

- 3 things you see
- 2 sounds you hear
- 1 thing you feel in your body





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# How to regain balance

It's not about the 'perfect lifestyle', but about the little things that really help:

- ☀ Drink water – dehydration increases fatigue and headaches
- ☀ Limit scrolling before bedtime – your brain needs to slow down
- ☀ Regular sleep patterns help your memory
- ☀ Eat regularly – glucose = fuel for concentration

This is not 'trivial advice'.

These are the basics of regulating the nervous system

