

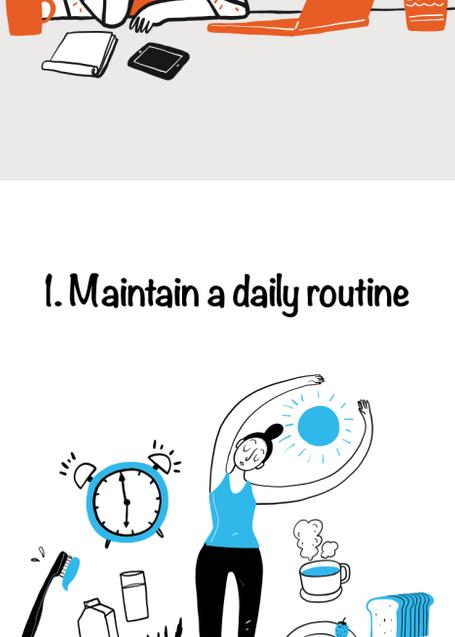
# Success Guide for the Finals

Artemis Tsitsika

Associate Professor of Pediatrics-Adolescent Medicine

Efthalia Tzila

Child Psychiatrist MSc.



## 1. Maintain a daily routine



So simple and important.

The daily routine is important and creates security, while fighting stress and removing the unpleasant feelings.

## 2. Sleep, Healthy food and Exercise

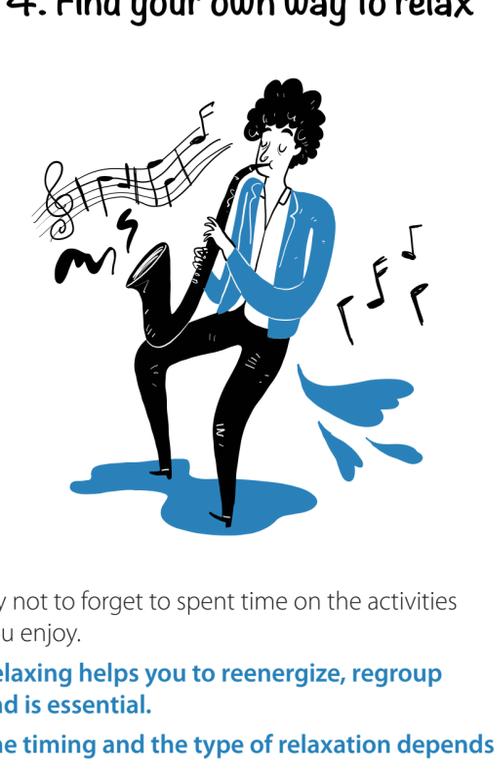


An ace up your sleeve

1. Try to get enough sleep (~8 hours) and during the hours when sleep is deeper and rejuvenates the body (evening hours)

2. Maintain about four meals with as many healthy options as possible and fluid intake for hydration. You can even take walks, run or any gentle exercise you choose for half an hour daily.

## 3. Organise your daily studying



The key to your success

Get the most out of your daily routine.

It's a good idea not to leave for tomorrow what you can do today.

## 4. Find your own way to relax



Try not to forget to spend time on the activities you enjoy.

Relaxing helps you to reenergize, regroup and is essential.

The timing and the type of relaxation depends on you.

## 5. Manage your stress



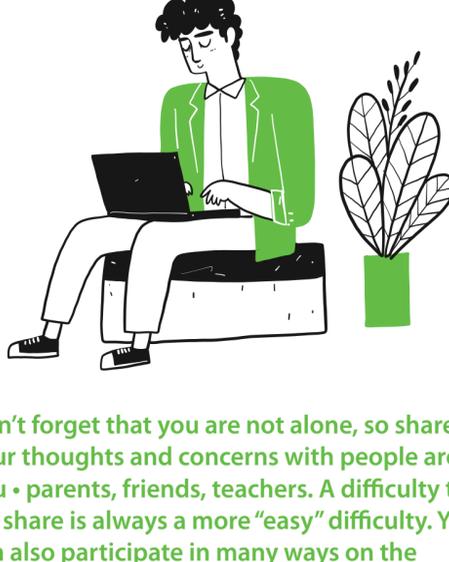
Organizing reduces stress. Don't postpone what makes you feel more stressed. Prioritize which is urgent and start by setting a daily schedule.

## 6. Think positive



Let's start with the fact that you may want initially to "get rid" of any additional difficulty. But if you handle the situation, it can offer you experience, strength and opportunities for change that will ultimately help you adapt more easily.

## 7. Keep in mind some alternatives



Don't forget there are multiple pathways to reach your destination.

Have a goal and try your best, however, if things do not go as planned, have one second plan in your mind.

## 8. Dream your future



Make an imaginary representation of yourself next year. Fight to become the person you want.

## 9. Keep in mind the relativity of the things



Appreciate the goods you have and think that there are many people who are deprived of them.

## 10. If you feel in trouble or sceptical or stressed, express it



Don't forget that you are not alone, so share your thoughts and concerns with people around you • parents, friends, teachers. A difficulty that we share is always a more "easy" difficulty. You can also participate in many ways on the we-knowhow.gr platform.