

SADAG Office	011 234 4837
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
24 hr Cipla Mental Health Helpline	0800 456 789
Pharma Dynamics Trauma Helpline	0800 20 50 26
24 hr Discovery Medical Student Helpline	0800 323 323
Adcock Ingram Depression and Anxiety Helpline	0800 70 80 90
24 hr DSD Substance Abuse Helpline	0800 12 13 14
24 hr University of Cape Town Helpline	0800 24 25 26
24 hr University of Pretoria Careline	0800 747 747
University of the Western Cape Student Helpline	0800 222 333
Cipla Whatsapp Counselling 9am - 3pm	076 882 2775



Website: www.sadag.org



The South African Depression and Anxiety Group



TheSADAG

Surviving the Exam Season


#FacebookFriday

Online Q&A 25 October

The Exam Season is upon us – Matrics are due to start their Final Exams this Wednesday, and thousands of Matric students are feeling the pressure as all eyes from their friends, teachers, parents, families and their communities are waiting in anticipation as they prepare to sit down and write for the next 6 weeks. But it isn't just Matric students who are preparing for the big exam seasons.

SADAG receives calls from learners across the board – learners as young as in Primary school, High School as well as University Students who feel the pressure during the exam season. Students call in feeling overwhelmed, anxious and stressed, with some having had panic attacks before a big exam. “We receive calls in the early hours of the morning with students who are trying to cram before their big paper – they are overwhelmed and feel like they are going to forget everything they have learnt and fail,” says Vanishaa Gordhan, SADAG’s Call Center Manager. Students are under a lot of pressure to succeed, and with all eyes on them, the pressure is growing each year.

Parents also stress for the exam season too – they don't always know how to best support their child so they can cope – and sometimes their pressure can add extra strain to the student. But there are so many helpful tips and tools to help students at any level, as well as parents, to cope with the exam season.



Friday 25 October 2019
Exam Stress

Learn more on how
to cope with exam stress, recognising the signs and
symptoms of stress/anxiety and self-help tips on managing
exam stress

1-2PM: Dr Joseph Seabi (Psychologist)
7-8PM: Khuze Ntakana (Psychologist)

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Dr.Reddy's

Log in via: www.sadag.org

The middle section of the poster is a dark blue rectangle. It contains the date and topic 'Friday 25 October 2019 Exam Stress' in white and green. Below this is a paragraph of text in white explaining the purpose of the Q&A. Two time slots are listed: '1-2PM: Dr Joseph Seabi (Psychologist)' and '7-8PM: Khuze Ntakana (Psychologist)'. On the left side of this section is a white hand graphic with the SADAG logo inside it. Below the hand, it says 'Proudly sponsored by' followed by the Dr.Reddy's logo. To the right of the hand, there is a Facebook logo and the text 'Facebook Page: The South African Depression and Anxiety Group'. At the bottom right, there is a globe icon and the text 'Log in via: www.sadag.org'.

SADAG is hosting a FREE online #FacebookFriday Q&A, this Friday, October 25, at 1pm - 2pm with Educational Psychologist Dr Joseph Seabi, and at 7pm - 8pm with Educational Psychologist, Khuze Ntakana.

Join these online Q&As to ask any questions you may have about exams, stress, anxiety, study methods, how to help a teen cope, what parents can do and self-help tips. To join the log in, go directly to our Facebook Page: The South African Depression and Anxiety Group.

Follow SADAG's Facebook and Twitter pages as we share #SADAGExams101 where you can find daily tips on what to do on the day of the exam, coping with stress, anxiety, self-help tips and so much more. There are many advantages in looking for exam tips and self-help tools online. Repeat past papers online, watch exam preparation videos and read helpful mind maps to understand certain study concepts. There are so many helpful resources at your fingertips.

Whilst many learners and parents feel isolated and alone during this time of year, there is a place they can turn to for help. SADAG offers free telephone counselling available from 8am to 8pm, 7 days a week on 0800 21 22 23 or sms 31393.

EXAM TIPS

1. Ensure you have correct dates, times and venues for your exams.
2. Have all the necessary material, including stationery and calculators.
3. Keep study to an hour at a time. A good idea is to group sessions into 3 slot hours with a 15 minute break in between.
4. Go to bed by 11 pm the night before so you're fresh and rested.
5. Have a good breakfast.
6. Leave home with plenty of time to get to the exam venue on time.
7. If you have a panic attack, or hit a blank, close your eyes. Place your feet and hands in a comfortable position and breathe deeply. Stress or a lack of sleep normally causes it. Now open your eyes and start again.
8. If you are nauseous during the exam, take a deep breath, have a sip of water and try again.

For more exam tips and tools, visit the SADAG Website at www.sadag.org for video's on controlled breathing, self help tips and articles.

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