

# 6 Quick Ways to Beat Stress During UPSC Exam Preparation

Stress is a very common problem faced by students while preparing for UPSC Exams, due to the sheer workload one has to put in and the humongous competition for few seats. If one needs to have any realistic chances of clearing the exam then it is of paramount importance that a person is able to control the stress. Without controlling stress an aspiring candidate won't be able to put in his best effort thereby completely ruling out his chances of clearing the prestigious UPSC Civil Service Exam. Some of the quick ways a candidate can be the stress are listed below.

## Stay Away From Negativity

Always remember there will be someone trying to demotivate you. They may try to bring down your morale by taking potshots at your ability, by constantly speaking of the difficulties involved in the scaling the colossal task of clearing the UPSC Exams. It is always important to stay away from negative people and their influences, and strictly stick to your task of achieving your objectives with unwavering commitment, dedication, determination and discipline.

## Meditation

From time immemorial it has been proved that meditation is a very effective technique to calm down a person's stress levels. Moreover, many research carried out across the globe have proved that meditation brings down the stress levels and increases the productivity of a person's brains.

## Adequate Sleep

Always remember to give yourself adequate time for sleep after a day's hard work. Sleep is the secret to make sure that your body and mind works in synchronisation. Without sleep the body cycle will break down, thereby reducing your energy levels, productivity of your brains and completely throwing a person into very high stress levels.

## Right Eating Habits

Make sure to eat healthy foods. The stress levels will be reduced if the brain functions at optimum levels, the brains will function at optimum levels only if the body is functioning at optimal levels. Hence make sure to eat healthy food at the right time. Don't eat food at late midnight hours, the time when you should be sleeping. Eat lots of fruits and vegetables which will boost your metabolism and boost your brains to function properly.

### **Drink Plenty of Water**

Drink plenty of water everyday. It not only boosts your energy levels which is required for this exam preparation, but water also reduces stress levels. Dehydration is a situation where there is not enough water in your body. Dehydration leads to higher cortisol, which is nothing but stress hormones in your body. Hence drinking plenty of water will help you avoid dehydration thereby reducing hormones that produce stress.

### **Exercise Regularly**

It is scientifically proven that regular exercise will reduce levels of hormones cortisol and adrenaline that induces stress in the human body. It is scientifically proven that exercise will produce endorphins, a chemical that elevates mood in humans. Hence always allocate time for regular exercise.