



Royal Flying  
Doctor Service  
QUEENSLAND SECTION

# Studying tips

FROM THE FLYING DOCTOR



## Many people experience anxious feelings when studying or working.

Often it's in response to situations where a person feels under pressure, and these feelings usually pass once the pressure has subsided. Anxiety is more than feeling anxious or stressed. It is when the anxious feelings do not pass, occur frequently and may stop you doing what you want to do. People experiencing anxiety can find it very difficult to manage their symptoms.

Anxiety can occur while studying. It can be challenging to manage and impact academic performance. People experiencing anxiety may show some of the following symptoms:

- Avoiding situations that provoke feelings of anxiety
- Physical symptoms including sweating, shaking, blushing, taking frequent trips to the toilet, shortness of breath, a churning stomach, racing heart, feeling dizzy
- Fear of being humiliated or embarrassed
- Difficulty concentrating or making decisions

When you study, it's important to enjoy your successes, learn from your failures and feel good about yourself for the effort you put in.

### Quick tips for managing anxiety while studying:

- Practice relaxation exercises during study breaks
- Take deep breaths and remind yourself that you can do this
- Focus on the task, not what others might be thinking
- Remember times you have performed well in the past
- Think positive thoughts
- Speak to family, friends or a health professional

Often when we experience anxiety while studying it can really impact our confidence and self-esteem. Participating in a variety of activities that you feel good about is a great way to manage anxiety. When you study, it's important to enjoy your successes, learn from failures and feel good about yourself for the effort you put in. Ways to help you maintain or improve self-esteem include:

- Acknowledge your strengths and feel good about them
- Get involved in something you enjoy
- Use positive self-talk and challenge your negative thoughts.
- Keep good company by spending time with friends who have positive attitudes towards life and respect you for who you are.
- Set yourself realistic goals, prioritise your tasks and complete things one step at a time.

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## Putting off procrastination

Procrastinating is another element that can occur when someone is experience anxiety while studying. Procrastination is putting off doing a required task, often by finding something else to do. This creates a lot of stress and anxiety because the task still needs to be done, and you run out of time to do it. The result is that when you do hand in the assignment (if you do at all), it is far from your best work. Reasons that can result in procrastinating include:

- Not being motivated in your course
- Perfectionism
- Believing the task is too difficult, too big or too boring
- Fear of failure
- Poor time management

**Procrastination is putting off doing a required task, often by finding something else to do.**

Procrastination has a way of rewarding itself. When you stop studying to procrastinate, the anxiety about the study goes away, and you feel better. However, this reward is short-lived as you soon realise that the task still needs to be done, only now with less time and more anxiety. To overcome procrastination, you need to put up with some anxiety so you can start your study. The reward and relief of having completed an assignment that you are proud of is much greater than the quick fix you get by procrastinating.

**Some tips to follow include:**

- Start now!
- Break down your work into smaller, more achievable tasks
- Minimise distractions
- Reward yourself after completing each task
- Study with someone else
- Plan your study for the week ahead; this can make it feel less overwhelming
- Set realistic goals

Source: [headspace.org.au](https://headspace.org.au)



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