June is approaching, which also means that the semester is coming to an end. But while looking forward to the summer vacation, we have to face various course papers and final exams, as well as the CET6. Have you felt any significant increase in stress lately? If so, how do you plan to cope with these pressures? You can share your favorite decompression methods. If not, please share the secret to maintaining a good mindset in your daily study and life.

面对这些考试，焦虑肯定是有的，适当的焦虑有助于我们正常发挥，但是过度焦虑可能会带来不好的结果。我们在学习新课的同时要记得复习之前学习过的内容，如此才能在考试来临的时候从容应对。此外，我们不要过度投入到学习中，这样只会增加我们的焦虑，我们要适当放松。而且，不要关注别人在复习什么，做好自己的功课就能够发挥出自己的实力了

In the face of these exams, there is definitely anxiety. Moderate anxiety can help us perform normally, but excessive anxiety may bring bad results. We should remember to review the content we have learned before while learning the new lesson, so that we can calmly respond when the exam comes. In addition, we should not overly immerse ourselves in learning, as it will only increase our anxiety. We should relax appropriately. Moreover, don't pay attention to what others are reviewing. By doing your own homework well, you can unleash your strengths