



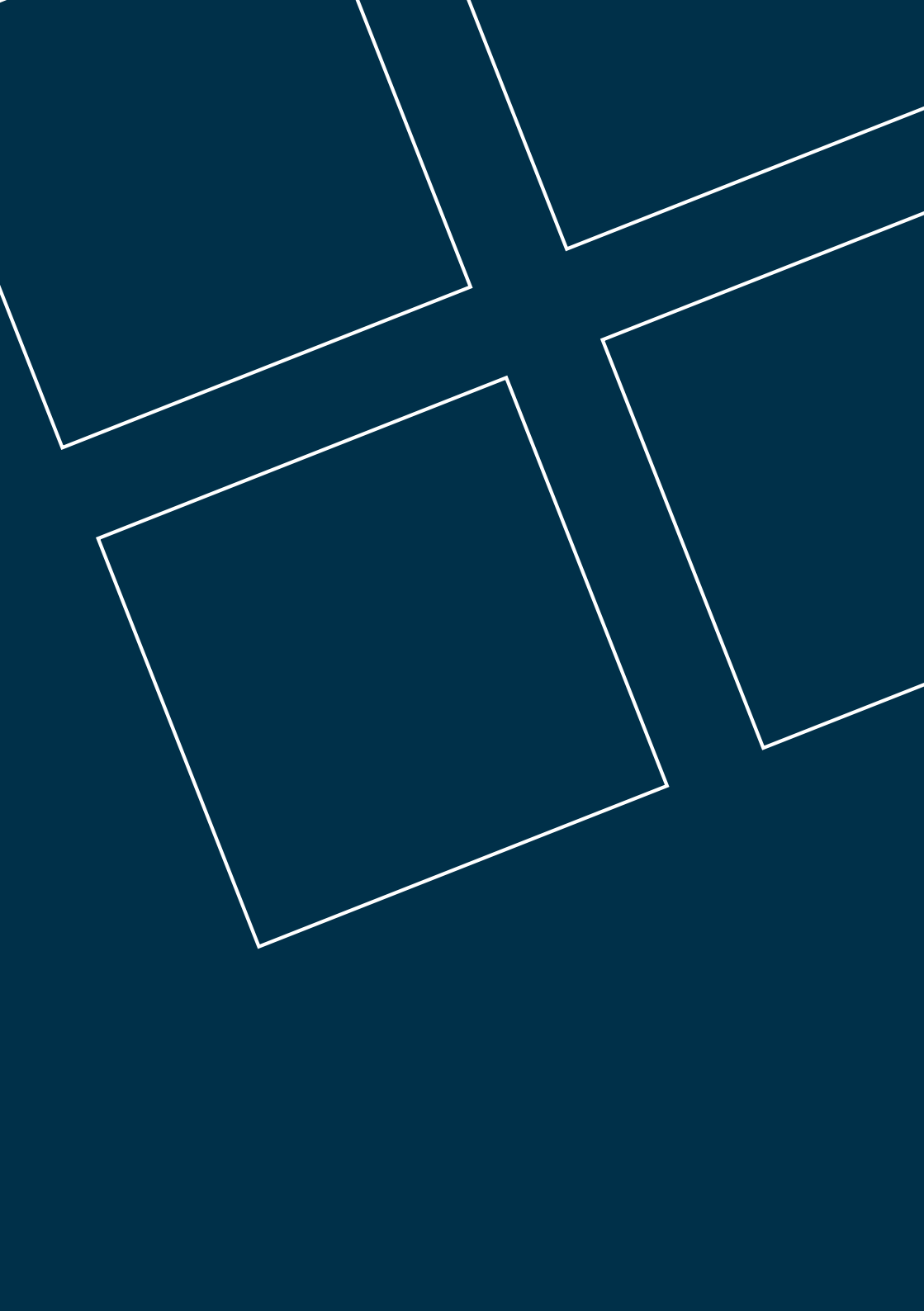
DEALING WITH **EXAM STRESS**



C A M A F

MEDICAL SCHEME

IN A CLASS OF ITS OWN



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CHAPTER 1: STRESS QUIZ

How stressed are you?

Ask yourself how you typically react in each of the situations listed below. Remember, there are no right or wrong answers! When you have completed the questionnaire, add up your total number of points (each answer option has a number - see below). An answer key is provided at the bottom of this page.

The Questionnaire

4 = Always

3 = Frequently

2 = Sometimes

1 = Never

1. Do you try to do as much as possible in the least amount of time?
2. Do you become impatient with delays and interruptions?
3. Do you always have to get distinctions to believe in yourself?
4. Are you unlikely to ask for help when you have a problem?
5. Do you constantly seek the approval and admiration of others?
6. Are you overly critical of the way that you do your work?
7. Do you have a habit of looking at your watch or clock often?
8. Do you constantly strive to improve your position and achievements?
9. Do you "spread yourself too thin"?
10. Do you have the habit of doing more than one thing at a time?
11. Do you frequently get angry or irritable?
12. Do you have little time for hobbies or time by yourself?
13. Do you have a tendency to talk quickly or hurry through conversations?
14. Do you consider yourself hard-driving?
15. Do you have a tendency to get involved in multiple projects?
16. Do you have a lot of deadlines in your life?
17. Do you feel guilty if you relax and do nothing during leisure time?
18. Do you take on too many responsibilities?
19. Do you feel that others would respect you more if you achieved more?
20. Do you worry that you have chosen the wrong field of study or work?

Answer Key

1. If your score is between 20 and 30, chances are you are non-productive or your life lacks stimulation.
2. A score between 31 and 50 designates a good balance in your ability to handle and control stress.
3. If you tallied up a score ranging between 51 and 60, your stress level is marginal and you are bordering on being excessively tense.
4. If your total number of points exceeds 60, you may be a candidate for heart disease.

CHAPTER 2: STRESS IN GENERAL

Stress is a normal response to challenging circumstances, and it can be caused by good, as well as bad events. Planning for a holiday or moving houses can trigger stress just as starting a new job or final examinations.

A little bit of stress is not a bad thing. It mobilises our bodies, and energises us during the coping process. But being over-stressed may result in a range of health problems, including headaches, upset stomach or high blood pressure.

There are probably as many definitions of stress as there are causes, since stress means different things to different people. Some thrive on the adrenaline of a frantic lifestyle and constant crises, while others feel tense at the slightest deviation from their routine. Most people however, fall between these two extremes.

It is only when feelings of tension, pressure and strain begin to affect the quality of our lives that it is time to take stock of the situation.

The telltale signs of “bad” stress

- Not being able to sleep properly
- Poor concentration and increased irritability
- Drinking caffeine excessively
- An inability to make decisions, and increased frustration
- Heart palpitations, a ‘lump’ in the throat or stomach, dry mouth and slight tremor of the hands
- Always feeling that something needs to be done, and that you simply cannot sit and relax.

More worrying symptoms

- Chest pain, radiating into the neck or arm
- An inability to swallow food properly, especially bread or meat
- Weight loss or change in the normal bowel habit
- A rapid or erratic pulse rate for no obvious reason, which may occur when relaxed or at rest.

Deciding when you need further help

Everyone has a different stress threshold, but most people need further help when some or all of the following occur:

- Life no longer feels enjoyable - it is a constant struggle to feel on top of things
- Relationships are put at risk because of stress symptoms
- Feeling irritable and angry/frustrated every day
- Feelings of self-loathing develop, and self-esteem is affected.

How the mind affects the body

Students studying for a test are at higher risk of becoming ill closer to exam time; persons who have suffered from a heart attack recover more quickly if their emotional state is stronger; and persons with terminal illnesses enjoy a higher quality of life if they are surrounded by friends and family.



Stress can lead to low energy, skin complaints such as eczema and spots, poor wound healing, increased susceptibility to colds and flu, tension, headaches, raised blood pressure and many more. Why? Stress triggers high levels of the hormones adrenaline and cortisol in your body. These are produced regardless of the type of stress experienced, from emergencies (an impending car accident) to slower acting stresses (such as exam pressure or work stress).

These stress hormones use up a lot of vitamins C, B, magnesium and zinc, not leaving much for the body's general use of these nutrients. This means that, for example, vitamin C and zinc are not sufficiently available for collagen production to keep skin clear and to make white blood cells to fend off infections; B-vitamins are not fully available for energy production and mental function; and depleted magnesium will increase the likelihood of headaches and raised blood pressure.

Increased stress levels also raise the amount of oxidation damage, which affects various body tissues, and constantly raised cortisol levels keep the body in a 'catabolic' state, which interferes with tissue repair.

What to do about stress

You can't always avoid stress in your life, but you can give your body an extra helping hand. There is a lot you can do: for your body (eat balanced meals, exercise), your mind (have fun, spend time with friends, seek advice) and your spirit (practice your religion, take a walk in a park, listen to soothing music). The next chapter will guide you through what you can do about stress around exam time.

CHAPTER 3: EXAM STRESS

For those of us who are studying, exam time is very stressful and difficult. Even the most calm and confident student can feel stressed by exams.

Some people find exam time so bad they become ill, because:

- They are afraid of failing
- They are afraid of letting their parents and family down
- The hard work of studying and revising affects their health.

If exams are really making you ill, worried, or depressed, don't hide your feelings. Talk to someone about it. In some cultures, people think that it is wrong to share their feelings and worries with others. But this is the only way to get help!

There is a saying, "A problem shared is a problem halved." So, find someone to talk to about your problems. Try speaking to a friend, or someone in your family. CAMAF is always available to try and help; make use of their Stressline to help you cope, especially during your exams (see CAMAF contacts at the back of this booklet).

General exam stress-busting tips

1. Believe in yourself. You would not have gotten this far if you didn't have the ability to do it. Therefore, if you prepare for your exam properly, you should do well; meaning that there is no need to worry excessively.
2. Don't try to be perfect. It is great to succeed and reach for the stars, but keep things in balance. If you think that anything less than a distinction will be the end of the world, then you are creating unnecessary stress for yourself. Aim to do your best but recognise that none of us can be perfect all the time.
3. Take steps to overcome problems. If you find that you struggle with certain aspects of your work, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teacher/lecturer or professional in that field.
4. Don't keep things bottled up. Confiding in someone you can trust and who will be supportive is a great way of alleviating stress and worry.
5. Keep things in perspective. The exams might seem like the most crucial thing right now, but in the grander scheme of your whole life, they are only a small part!

CHAPTER 4: BEFORE THE EXAM

Organise your space and time

Most people preparing for exams know that it is important to organise their time, but few of them know the importance of also organising their space. Here are some pointers:

1. Think about where you work. Try and separate your work or study area from where you sit when relaxing. Even if this all happens within one small room, create a 'working place' which contains papers, books, etc., and everything you need for your work.
2. Move all distractions out of your work area - pictures, music, TV - and put these into your 'relaxation areas'. Similarly, keep work out of the latter, so that when you are relaxing or sleeping, your work is not intruding into this space.
3. Get used to working when you are in your work area, and 'switching off' when you get up from this place. Creating a physical separation of this kind will help you to do the same mentally.

Organise your time in 11 easy-to-follow steps

1. SPEND TIME PLANNING AND ORGANISING

Using time to think and plan is time well spent. In fact, if you fail to take time for planning, you are, in effect, planning to fail. Organise your things in a way that makes sense to you.

If you need colour or pictures, use a lot on your calendar or planning book. Some people need to have papers filed away; others get their creative energy from their piles. So forget the "should" and organise your way.

2. SET GOALS

Goals give your life, and the way you spend your time, direction. Set goals that are specific, measurable, realistic and achievable. Your optimum goals are those which cause you to "stretch" but not "break" as you strive for achievement.

3. PRIORITISE

Use the 80 - 20 rule originally stated by the Italian economist Vilfredo Pareto, who noted that 80 percent of reward comes from 20 percent of the effort. The trick to prioritising is to isolate and identify that valuable 20 percent. Once identified, prioritise time to concentrate your work on those items with the greatest reward. Prioritise by colour, number or letter - whichever method makes the most sense to you. Flagging items with a deadline is another idea for helping you stick to your priorities.

4. USE A TO DO LIST

Some people thrive using a daily To Do List which they construct either as the last thing the previous day, or the first thing in the morning. You can construct this using a calendar, or any other way that works for you. Don't be afraid to try a new system - you just might find one that works even better than the present one.



5. BE FLEXIBLE

Allow time for interruptions and distractions. Time management experts often suggest planning for just 50 percent or less of one's time. With only 50 percent of your time planned, you will have the flexibility to handle interruptions and the unplanned "emergencies". Save (or make) large blocks of time for your priorities. When interrupted, ask "What is the most important thing I can be doing with my time right now?" to help you get back on track fast.

6. CONSIDER YOUR BIOLOGICAL PRIME TIME

That is the time of day when you are at your best. Are you a "morning person", a "night owl", or a late afternoon "whiz"?

Knowing when your best time is and planning to use that time of day for your priorities such as studying (if possible) is effective time management.

7. ELIMINATE THE URGENT

Urgent tasks have short-term consequences, while important tasks are those with long-term, goal-related implications. Work towards reducing the urgent things you must do so you'll have time for your important priorities. Flagging or highlighting items on your To Do List or attaching a deadline to each item may help keep important items from becoming urgent emergencies.

8. PRACTICE THE ART OF INTELLIGENT NEGLECT

Eliminate from your life trivial tasks or those tasks that do not have long-term consequences for you.

9. AVOID BEING A PERFECTIONIST

In the Malaysian culture, only the gods are considered capable of producing anything perfect. Yes, some things need to be closer to perfect than others, but being perfect all the time is exhausting and impossible.

10. CONQUER PROCRASTINATION

One technique to try is the "Swiss Cheese" method. When you are avoiding something, break it into smaller tasks and do just one of the smaller tasks, or set a timer and work on the big task for just 15 minutes. By doing a little at a time, eventually you'll reach a point where you'll want to finish.

11. REWARD YOURSELF

Even for small successes such as finishing one section of your study work, celebrate this achievement. Promise yourself a reward for completing each task, or finishing the total amount. Then keep your promise and indulge in your reward. Doing so will help you maintain the necessary balance in life between work and play.

Get motivated and concentrate

Some people struggle with lack of motivation. These simple strategies may help:

1. Plan to reward yourself when you have achieved goals
2. Start with easier/more interesting subjects
3. Establish a work routine - once started, a routine becomes easier to maintain
4. Remind yourself why you are writing these exams

There are many things that one can do to improve one's concentration, but here are a few pointers:

1. People vary in terms of how long they can concentrate for, so experiment and find a work pattern that suits you. Taking regular, short breaks when you are working - for example, 10 minutes out of every hour you work - is likely to help you concentrate for longer.
2. If you are finding it very difficult to concentrate, start off by setting yourself small, manageable goals and reward yourself. As you achieve your goals, gradually increase what you set out to do. In this way you can train yourself to concentrate more effectively.

Here are some other ideas:

1. Make notes as you read. Keep questions in your mind as you work. Speak out loud. Record yourself.
2. Mix easy and difficult topics, and interesting and dull topics.
3. Try to work in a comfortable environment (not too cold, hot, noisy) and remove distractions if possible. Find out where you work best, e.g. alone in your room, at the library etc.

Revision, revision, revision, revision...

Start a revision programme in good time before the exams. Whilst you do not want to "peak" too early, leaving revision too late is an excellent recipe for stress. Doing the work takes less effort than thinking about doing the work!

Plan your learning

1. There are four stages to learning: acquiring knowledge, understanding it, memorising and testing. Allow time for each stage and do not expect to be able to test yourself until you have memorised it.
2. Plan realistically and do not try to cram in too much each day.
3. Set small goals for each hour of revision. After each hour or so, give yourself a little treat - something to eat or drink, a short walk, a chat with a friend. After your treat, get back to work.
4. Stop revising well before bedtime and have a relaxing break before bed.

Tips for revision plans

People are different in how they react to revision plans. When these go wrong - as they often do - it is usually because they were planned too tightly and did not allow for sufficient flexibility: plans need plenty of blank space to allow for the unexpected. Here are some pointers:

1. Bearing in mind that plans need to be flexible, draw up a weekly timetable for yourself, firstly putting in everything that you need to do: meals, sleep, lectures, supervision, shopping, laundry, etc. Then allocate time for revision and time for relaxing and enjoying yourself.

2. Be realistic about how much time you can aim to spend revising. As a guide, if you divide the week into 21 units (one per morning, afternoon and evening), you should aim to work in total for no more than 15 units per week, as it has been shown that ability to work effectively over a prolonged period decreases over this level. Therefore, you should have 6 units (e.g. 2 full days, or 1 full day and 3 evenings) to do other things.
3. Allowing yourself time every week for relaxation, recreation, socialisation, and rest will help you feel less stressed and make it more likely for you to stick to your timetable. This is not wasting time; it helps you work more effectively.

Active learning and practising

1. Try to revise in an active way: do not just read notes through, but also perhaps make a list of key points. Test your memory as you go along and try to devise questions/answers concerning the information you are learning.
2. Some people find it helpful to use memory aids such as memorising a trigger word which is associated with a 'chunk' of information, making a trigger word out of the initial letters of key points or names, or finding a way of visualising information.
3. Spend some time going through past exam papers and practice answering questions within the allotted time. It does not matter if your attempts go wrong to start with - in fact, now is the time to make these mistakes. Such practice will give you a good idea of the format of the exam, the sorts of questions that you could get, and an invaluable practice in planning and structuring answers under time pressure. It makes no sense to get your first practice at this during the real examination.

Final pointers for revision time

1. Leave plenty of time to revise so that you don't have to do last minute cramming. This approach will help to boost your confidence and reduce any pre-exam stress, as you know that you have prepared well.
2. Develop a timetable so that you can track and monitor your progress. Make sure that you allow time for fun and relaxation so that you avoid burning out.
3. As soon as you notice that you are losing concentration, take a break. You will then come back to your revision refreshed.
4. Experiment with several alternative revision techniques so that revision is more fun and your motivation to study is high.
5. Don't drink too much coffee, tea or fizzy drinks; the caffeine will 'hype' you up and make your thinking less clear. Eat healthily and regularly; your brain will benefit from the nutrients.
6. Regular moderate exercise will boost your energy, clear your mind and reduce any feelings of stress.
7. Try out some yoga, tai chi or other relaxation techniques. They will help to keep you feeling calm and balanced.

The day before the exam

1. Check the date, time and place of the exam and arrangements to get there
2. Don't attempt to learn new material
3. Think through the exam situation - a mental rehearsal - and review strategies to adopt if disaster strikes
4. Use relaxation techniques to ensure adequate sleep the night before
5. Avoid foods that might lead to digestive upsets the next day.

Food for thought

Diet and nutrition, getting enough sleep, exercise and making sure that you have enough fun and leisure time are essential stress-busting strategies. Read on for details.

DIET AND NUTRITION

A balanced diet - one that supplies stress hormones, provides antioxidants to fend off oxidation damage, and keeps brain chemicals, such as serotonin, steady for improved moods - should feature:

1. At least five portions of fruit and vegetables daily. One portion is 80g e.g. one apple, 2 plums, 3 dried carrots, a cup of dried vegetables, a cup of beans, one wine-glass full of fruit or vegetable juice.
2. Lean protein sources such as fish, skinless chicken or turkey meat, game or red meat with all the fat cut off; or vegetarian protein sources such as low-fat dairy produce, pulses, soya based foods, nuts or seeds.
3. Whole grains such as whole wheat bread, brown rice, whole wheat pasta, rye, porridge oats, and jacket potatoes, or unusual grains such as buckwheat or whole-wheat couscous.
4. Healthy fats from virgin olive oil; or oils from cold pressed walnut, sesame or sunflower; unsalted nuts, seeds or avocado.

The stress-busting nutrients themselves can be found in the following foods:

1. **Zinc:** lean meat, seafood (especially oysters), whole-wheat, popcorn, muesli, eggs, yoghurt, cheese, nuts, and seeds.
2. **Vitamin C:** all fruit and vegetables, especially citrus fruits (oranges, naartjies, grapefruits), strawberries, blackberries, kiwi, cabbage, and broccoli.

3. B-vitamins: all whole-grains, yeast extract, yoghurt, liver, molasses, pumpkin, beans, avocado.

4. Magnesium: dark green leafy vegetables, grapefruit, figs, sweetcorn, seeds and nuts, aubergines, raisins, carrots, tomatoes.

In addition to psychological and physical stresses, there are also nutritional stresses. Each time you drink a cup of coffee for instance, it impacts on your body's ability to handle stress. This does not mean that you have to abstain all the time; just be aware of the effects it can have and reduce its consumption at stressful times.

OTHER FOODS TO AVOID

1. Sugar is devoid of vitamins and minerals and also uses up nutrients such as B-vitamins. Replace with a little raw honey.
2. Caffeine raises stress hormones and can lead to insomnia. Caffeine is found in coffee, tea, cola's, guarana, and pain medication. Replace with caffeine-free coffee or tea, fruit and herb teas or barley coffee.

GET A LITTLE EXTRA HELP FROM HERBAL OR ALTERNATIVE REMEDIES

1. Liquorice root balances stress hormones.
2. Ginseng helps the body to adapt to stress.
3. Kava-kava has a calming effect, and is good for migraines.



SLEEP WELL

1. Don't work in or on your bed - keep bed for relaxation and sleep.
2. 'Switch off' before going to bed: stop working at least an hour before you go to sleep and spend the time doing something more relaxing e.g. listening to music, talking to a friend, having a bath, doing relaxation exercises or taking a stroll.
3. If you stick to a regular bedtime and getting up time it will be easier to maintain good sleeping patterns.
4. Do not 'catastrophise' about not being able to sleep well, i.e., telling yourself that you will not be able to do anything the next day if you cannot get to sleep. Even when you are not sleeping much, you will still be able to function well, think logically and do difficult mental tasks. It is mundane, vigilance-type tasks that are mainly affected by lack of sleep. Most people manage to sustain sleep deficit over a few days before needing to 'catch up'.

EXERCISE

1. Exercise should be a three-step process - aerobic work to shed fat, strength work to tone muscles, and stretching work for flexibility.
2. Aerobic fitness guards against stress-related disorders and heart disease. When you train aerobically - by running, swimming, or cycling, for example - you raise your heart rate and increase your body's consumption of oxygen, which will speed up your metabolism. Lean muscle tissue has a higher metabolic rate than fatty tissue - which means that the more toned you are, the more calories your body burns.
3. Remember to warm up and cool down before and after all exercise, to avoid risk of injury, increase flexibility and encourage long, lean muscles. Interval training - where you exercise at a comfortable pace, then speed up for short bursts - is the best way to improve performance and stamina.



4. Warm up by jogging for five minutes, then stretch each major muscle group for about 10 seconds. Stretch the same muscles again when you finish exercising.
5. Pilates is the latest fitness craze - despite the fact that it has been around for 70 years. There are now classes in gyms around the country, but it is simple to do at home. All you need is a bit of floor space and comfortable clothes. It is good for backs, for flat stomachs, joints and sports injuries. It induces a feeling of well-being and is said to improve memory and sleep-quality.

TIP

There are various apps that are available to help you to eat well, get fit and maintain your emotional wellbeing. Visit your app store to see what is available.

HAVE FUN!

Medical opinions these days have done a great deal to destroy our sense of fun. We know that we are supposed to exercise, so we join a gym or walk for half an hour a day, but there may be no fun in it. It can become just another chore added to our busy schedules. We deprive ourselves of the pleasures of eating - no salt, no fat, no sweets, fewer carbohydrates etc. - when in truth, we can enjoy many of these foods in moderation without any ill effect.



What we seem to forget is that incorporating pleasure into our lives is as healthy as most of the scientific recommendations based on depriving ourselves of pleasure!

Fun brings balance into our lives. We can work better when we can take a break and have a good time. And we can enjoy pleasurable activities better when they are special and outside of the ordinary routine of everyday life. You can tap into the pleasure centres in your brain through your imagination... and this can be done by anybody at any time of day.

Try this

1. Find a quiet spot with no distractions. Close your eyes and breathe slowly in and out, 10 times. With every breath, imagine your body becoming more and more relaxed. Imagine that every inhalation bathes you in relaxation and every exhalation releases the tension you have stored up in your body.
2. Imagine yourself in a beautiful, tranquil and peaceful place.
If other thoughts intrude, just let them go in and out of your head, don't fight them. Be totally in this place, in this moment.
3. Now imagine yourself enjoying something pleasurable. Become aware of the warm and vibrant feeling that accompanies pleasure. Increase the intensity of this feeling and then let it come down again.
4. When you have spent a few minutes in this imaginary place, open your eyes and resume your normal business of the day. You may notice that you have a smile on your face - and that others do too.

CHAPTER 5: THE BIG DAY HAS ARRIVED

Exam day preparation

1. Stick to your normal daily routine as far as possible.
2. Try relaxing techniques, e.g. put on your favourite music while you get dressed.
3. If you lose your appetite, take glucose or sweets with you in case you feel light-headed in the exam.
4. Glance at condensed notes or "buzzwords" if you must, but do not revise any new topics.
5. Make sure that you leave yourself plenty of time to get to the exam room, but minimise the waiting time outside the room itself.
6. Take a watch.
7. Avoid meeting with friends before or after the exam if that will make you more anxious.
3. Read the question paper through once. Then read through again, checking how many questions you have to answer. Look on both sides of the exam paper to make sure you do not miss any sections. Plan your time, decide priority of questions, and plan your answers.
4. Don't waste time being stuck on questions that you are not comfortable with; start with your strongest questions first. This will help boost your confidence.
5. If your mind goes blank, don't panic! Panicking will just make it harder to recall information. Instead, focus on slow, deep breathing for about one minute. If you still can't remember the information, then move on to another section and return to that later.
6. Aim at getting on with the next question, or part of it, not at finishing the exam.
7. After the exam, decide whether you want to mull over it with friends or whether it would only raise anxiety. Don't spend endless time criticising yourself for where you think you went wrong. Often our own self-assessment is far too harsh.
8. Congratulate yourself for the things you did right. Learn from the bits where you know you could have done better, and then move on.
9. Go and treat yourself - you deserve it.

In the exam

1. Try not to panic. It is normal to feel nervous prior to starting the exam, but getting excessively nervous is counterproductive as you will not be able to think clearly.
2. The quickest and most effective way of eliminating feelings of stress and panic is to close your eyes and take several long, slow deep breaths. Breathing in this way calms your whole nervous system.



It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult. SENECA

Dealing with exam panic is as easy as 1-2-3

1. If you start panicking, allow yourself up to 5 minutes to deal with your panic. You probably feel tense, so concentrate on relaxing your muscles and trying some breathing techniques to calm down. This will help reduce the increasing tension and stress. Say STOP! to yourself. Breathe in gently and breathe out slowly, relaxing shoulders, arms, and hands. Pause for a few seconds. Breathe in again, and breathe out slowly, relaxing forehead and jaw. Stay quiet for a few seconds. Carry on with whatever you were doing, deliberately moving more slowly. You will find that in spite of your feelings, the tension will lessen.
2. Once you have calmed down, you may want to suck a sweet or glucose (particularly if you feel light-headed or nauseous). Then try to define the immediate trigger of anxiety. Is there a different way of approaching the problem? If you are completely stuck, it might be worthwhile attempting a new question, or a different stage of the problem question. Try not to think about the actual panic once you have acknowledged that it is there.
3. If panic persists or returns when you start thinking about its trigger, try again to relax your muscles, breathe, and try to clear your mind of the problem - either by blanking it, or by imagining something pleasant for a minute or two. Once your mind is relaxed, bring it back to the immediate problem and just aim to do enough to get past the problem point so that you are then free to go onto the other parts.

CHAPTER 6: CONTACT AND RESOURCE CENTRE

CAMAF Contacts

Emotional Wellness Programme

Stressline 0861 700 600 (option 4)
Fax 011 707 8747
E-mail emotionalwellness@camaf.co.za

SA Organisations

Depression and Anxiety Support Group

0800 205 026

www.sadag.org



@TheSADAG



The South African Depression and Anxiety Group

Suicide Crisis Line

(08h00-20h00)

0800 567 567

SMS 31393 (you will get a call back)

Destiny Helpline for Youth & Students

0800 41 42 43

SA Federation for Mental Health

011 781 7263



The South African Federation for Mental Health

Substance Abuse Line

0800 121 314

LifeLine

0861 322 322

www.lifelinesa.co.za

NOTES



“ Don't let life
discourage you;
everyone who got
where he is had to
begin where he was.”

RICHARD EVANS



C A M A F

MEDICAL SCHEME

IN A CLASS OF ITS OWN