



EXAM STRESS & ANXIETY

It's totally normal to feel worried and anxious about upcoming exams – it's actually useful!

Being aware of how important they are, and what we want to achieve helps to motivate us, and that adrenaline helps us to focus on the day.

However, sometimes this helpful stress spills over into other areas of our life and becomes difficult to manage.

This is when we may need to ask for help or be proactive in trying to reduce anxiety levels to get through the exam period.

You can speak to any of your pastoral team, the safeguarding team, or the counsellors for more support with anxiety around exams.



“Trust yourself, you know more than you think you do”

Benjamin Spock

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ALTERNATIVE SUPPORT

YOUNGmINDS
fighting for young people's mental health

www.youngminds.org.uk/young-person/coping-with-life/exam-stress

student minds THE UK'S STUDENT MENTAL HEALTH CHARITY

www.studentminds.org.uk/exam-stress



www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress





FINDING IT HARD TO SLEEP?

Often worries about revision and exams can make it hard to get to sleep or stay asleep.

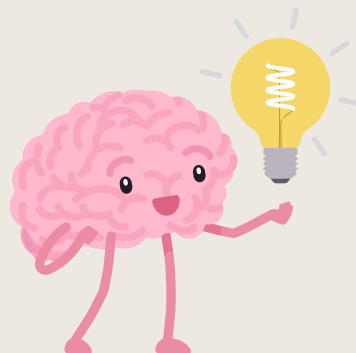
Feeling tired can then make it harder to concentrate, can impact on our memory and recall, and generally make us feel pretty rubbish.

Employing some basic sleep hygiene tactics can help to improve sleep and help you feel better.

1. Do a "brain dump" at the end of the day
2. Have a bedtime routine, and stick to it!
3. Don't drink caffeine or eat sugar before bed
4. If you can avoid it, keep your bedroom just for sleep and rest - that means no studying
5. Try to sleep and wake up at similar times

WORK SMARTER

- 01 Figure out your "learning style" to maximise your resources
- 02 Make a revision plan or to do list, and don't forget to tick things off for that dopamine boost!
- 03 Structure your time - more isn't always more
- 04 Revise together! Working with friends can feel less isolating
- 05 Ask for help. Someone may have found the same thing difficult and already have a solution!



SELF-CARE



Being able to study, do well in exams and achieve your best relies on you being able to look after your body, mind and wellbeing first.

Ever heard the phrase "you can't pour from an empty cup"? You may think that the priority is study study study, but you can't do that if your body and mind are depleted of resources.

