

Managing Exam Stress

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family.
try our tips below:

Before

- Get organised - make a plan of when and where your exams will be.
- Take frequent breaks when revising.
- Break revision into small chunks.
- Study effectively - learn memory enhancing techniques and practice mock exams.



During

- Practice positive self-talk e.g., I have revised and I can do this.
- Drink water regularly.
- Practice breathing/grounding techniques.
- Read all questions carefully and think about your answers before writing them down.



After

- Whatever your results - keep things in perspective - exam success does not define you as a person.
- Once you've done your exams try to forget about them.
- Treat yourself - do something you enjoy!



Typical signs of exam stress.

- Worrying a lot
- Feeling tense
- Having headaches and stomach pains
- Struggling to sleep
- Being irritable
- Losing interest in food or eating more than normal
- Not enjoying activities they previously enjoyed
- Being negative and having a low mood
- Feeling hopeless about the future
- Always thinking about exams or worrying about them



What you can do.

- Use breathing techniques
- Spend time outside
- Have regular breaks when revising
- Reward yourself
- Use positive self-talk



Available support

Speak to a trusted adult in school
Compass Buzz text line 07520631168



For further tips and support, visit:

- [How To Deal with Exam Stress | YoungMinds](#)
- [Download Adapt - Revision Timetable App](#)



@wellbeinginmind.mhst



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



Your time,
your words,
your presence

"Small progress is still progress."

"Trust yourself. You know more than
you think you do."

"Success is not final, failure is not fatal: it is
the courage to continue that counts." -
Winston Churchill

Exam Stress

Exam period can be a stressful time, so it's important to take care of yourself. Here are our top tips for staying calm during exams.

Keep it in perspective

Exam's aren't everything. Exam scores don't define you as a person. You can achieve all you want even if your exams don't go to plan.



Good habits

Take frequent breaks, get enough sleep, eat healthy, drink water, stay active, and consider the best time and place for you to revise



Get organised

Manage your time. Use a time planner or to do list to organise when will revise and when you will do something for your mental health.



Avoid bad habits

Don't over revise, you need time to sleep and do self care. Don't be glued to your phone, take a break from it. Don't compare yourself to others.



Get support

If you are struggling, speak to someone for help. That could be friends, parents or school staff.



Take care

Make time for yourself. If you overdo it, you risk burning out. Plan in time for things you enjoy or that calm you.

