

# Managing Exam Stress

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or low in mood, and this might impact your sleep or appetite. If you recognise any of these feelings, or are worried that exam pressure is taking over your life, 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!



For further tips and support, visit:

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