

TIPS FOR

EXAM STRESS

Make a revision schedule to help feel organized.

PLAN

Find a friend to revise with so you can support and motivate each other.

Break tasks down and set yourself mini goals to tick off. You'll feel you are making progress.

BREAKS

Schedule regular breaks to refresh your mind and change the focus for a while.

Challenge your self-doubts with more helpful, encouraging thoughts to feel calmer and more supported.

CHEER-LEADER

We're all different. Try not to compare with others and avoid post exam discussions.

Allow your mind time to unwind and relax before bedtime, a good night's sleep will help you to focus.

REFRESH

Refresh and refocus the mind, perhaps take a walk, dance, practice yoga, swim, cycle, play an instrument.....

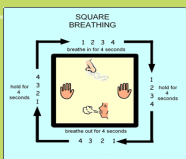
TOP TIPS

Surprisingly, some stress can actually be useful in exam times helping to motivate you to perform better. However to stop the balance from tipping over to distress, use some of these tips, see what works for you.

Remember you are not alone – reach out to friends, family, teachers, the counselling service or helplines if you need practical support or somewhere to talk.

Make sure you take deep breaths to calm your body down. You could use the Square breathing technique.

BREATHING



Reward yourself as you achieve mini goals and plan a post exam treat to motivate yourself.

TREATS

If you can't focus, change tack for a while – play a game, sing, watch TV, have a relaxing bath, whatever works best. Then go back to revising later.

To boost your mood, listen to music. It can be energising or relaxing or calming. Choose what works for you.

MOOD

Could you be exaggerating the importance of the problem? Stop, reflect and scale things down to size.

Eat regular meals to recharge your battery. Avoid high sugar snacks that just give you a short energy surge and opt for slow-burn foods.

EAT & DRINK

Drink water to stay hydrated. Don't let your battery run down.