

EXAM ANXIETY

Simple ideas to help manage stress and anxiety

Make time for the things you enjoy

Find ways to release stress and celebrate your progress. You could listen to music, draw, cook, go for a walk, play a sport or enjoy a treat like a cinema trip!



Take regular breaks

Make sure you take regular breaks, as your brain cannot concentrate for hours at a time. Breaks from revision can boost your energy and motivation



Talk to others about how you feel

Connect with other people, especially your classmates who are also taking exams as they might be feeling anxious too.



Focus on yourself

Try not to compare yourself to others. Remind yourself what you like about yourself and what your good at.



Create a timetable

Create a simple revision timetable and make sure you are realistic about what you can achieve each day.

Take care of your physical health



Make sure you get enough sleep, food, water and exercise. A good diet and the right amount of sleep can help increase your energy and improve your concentration, focus, and memory.

Ask for help

Talk through your concerns with your teacher/tutor who can let you know what support your school can offer you. Let your family and friends know if you are struggling so they can support you too.



Keep things in perspective

Remember, you are more than your exam results. Exams are only a small part of the picture and don't define you.

SUPPORT

If you do feel stressed or anxious, don't feel alone, there is lots of help and support available.

Click on the logos to find out more:



KNOW THE SIGNS OF STRESS:

- Feeling Irritable, angry, impatient or wound up.
- You might experience anxiety, feel nervous or afraid.
- Unable to enjoy yourself
- Depressed
- Uninterested in life
- A sense of dread
- Worried or tense
- Loss of appetite
- Neglected or lonely

You might experience physical signs such as

- Headaches
- Blurred vision
- Feeling sick
- Trembling
- Feeling more tired than usual
- Clammy or sweaty palms
- Dizziness
- Racing heartbeat



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YOUNG MINDS HAVE MORE INFORMATION HERE