

# EXAM STRESS

## Top Tips!

### 1) Be Prepared

SPEAK TO YOUR TEACHERS, IDENTIFY THE TOPICS YOU NEED TO REVISE, AND MAKE A CLEAR REVISION TIMETABLE TO HELP YOU STAY ORGANISED.

### 2) Attend Revision Sessions

GO TO REVISION SESSIONS WHENEVER POSSIBLE. THEY CAN REDUCE PRESSURE, GIVE YOU FOCUS, AND SUPPORT YOUR REVISION STRATEGIES.

### 3) Look After Yourself

SELF-CARE IS IMPORTANT. MAINTAIN A HEALTHY DIET, STAY HYDRATED, ENSURE YOU ARE GETTING ENOUGH SLEEP, EXERCISE REGULARLY, AND MAKE TIME FOR ACTIVITIES YOU ENJOY.

### 4) Be Open

IF YOU ARE STRUGGLING, ASK FOR HELP. TALKING TO TEACHERS, FRIENDS, OR FAMILY CAN MAKE A BIG DIFFERENCE.

### 5) Give Yourself Enough Time

STARTING REVISION 9-12 WEEKS BEFORE EXAMS IS RECOMMENDED, BUT DO NOT PANIC - IT IS NEVER TOO LATE TO START.

### 6) Parental Pressure

PARENTAL PRESSURE CAN HAVE A BIG IMPACT ON MANY YOUNG PEOPLE, ESPECIALLY DURING EXAM PERIODS. EXPECTATIONS TO ACHIEVE HIGH GRADES CAN SOMETIMES LEAD TO STRESS, ANXIETY, AND A LOSS OF CONFIDENCE.

IT IS IMPORTANT TO BE OPEN ABOUT HOW YOU ARE FEELING. IF YOU FEEL UNDER PRESSURE, TRY TALKING TO YOUR PARENTS, TEACHERS, OR SOMEONE YOU TRUST. HONEST CONVERSATIONS CAN HELP OTHERS UNDERSTAND HOW YOU FEEL AND ALLOW THEM TO SUPPORT YOU IN A POSITIVE WAY.

REMEMBER, EXAMS ARE IMPORTANT, BUT YOUR WELLBEING MATTERS TOO.



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## Helpful Links!

Scan the QR codes or click the links

### Mental Health Support Booklet (Link)



- Strategies
- Revision Support
- Support links
- Stress management

**NHS**

### YoungMinds Online Support (Link)



- Coping with pressure
- Revision tips
- Getting help

**YOUNGMINDS**  
fighting for young people's mental health

### Anna Freud Exam Stress Support Videos (Link)



- Stress management
- Coping with stress
- Crisis Messenger Getting Help!

 Anna Freud

### Childline - What helps others? (Link)



- Coping with stress
- Revision help
- Online support
- Support videos

**childline**  
ONLINE, ON THE PHONE, ANYTIME

### BEAT YOUR EXAM STRESS - Support video (Link)



- Coping with pressure
- Revision tips
- Getting help

**NHS**

### Explore Exam Stress with Kooth (Link)



- Stress management
- Coping with stress
- Crisis Messenger Getting Help!

**kooth**



**Struggling?**  
Reach out to a trusted adult. For example, school staff or a parent/carers

### BBC Bitesize Study Support



- Revision skills
- Timetables
- Managing time
- Pressure support
- Online videos

**Reach out:**

**kooth**

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