

Top tips for managing Exam Stress

- Try and change any negative thoughts into positive ones.
Instead of thinking;
'I can't do this', 'I'm going to fail' and 'I'm useless'

Try thinking;

'This is just anxiety, it can't hurt me', 'I can do this'
'My effort and attitude make all the difference'
- **Make a revision timetable and stick to it.**
- Use colour coding and cue cards to help you memorise key points.
- **Take breaks! Plan revisions in 45 minute blocks with a break where you focus on something you enjoy.**
- Too much revision makes your brain go into overdrive and makes your memory less effective.
- **Make an emergency self-care kit full of reminders of positive activities and strategies that help you stay on track.**
- Keep a mood diary where you can remind yourself of times when the stress/anxiety has been less intense.
- **Remind yourself that these feelings don't last forever.**
- Get a good night sleep. Young people your age need around 9 hours per night for the brain to be at its best the next day. Avoid using screens in that last hour before you want to go to sleep.

- Practice your “I am confident” pose and visualise how you feel when things go smoothly.
- If you need time-out from friends who are over-anxious or what to constantly talk about exams, then take it.
- Pace yourself in the exam. Spend a couple of minutes planning how much time you need for each question so you don't hit that last 5 minutes panic moment.
- Calm down your breathing- in through your nose and slowly out through your mouth.
- Practice Mindfulness on the Headspace App.
- Drink plenty of water and eat some stress superfoods like Avocado, Tuna, Salmon, Broccoli, Porridge, Blueberries and Milk. Your Brain will really appreciate this.
- Avoid Caffeine and high sugar foods. They will make your brain crash and reduce your ability to concentrate.
- Do some exercise and help get those Endorphins going. This will help you feel happier and combat the more challenging emotions you are faced with.
- Talk to people about how you feel. That can be your parents, family members, friends, school staff, Kooth online or via Young Minds online support.
- If talking is too hard, then try and write the worries down or draw them in a book to help free your mind.
- Remember;
EVERYBODY IS GOOD AT SOMETHING, BUT NOBODY IS GOOD AT EVERYTHING AND YOU'VE GOT THIS!