



Coping With Exams

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Exam Stress and Worry is Normal!

- Everyone experiences stress, anxiety and worry around exams, this often presents in different ways.
- Although, stress isn't always a bad thing sometimes it can be a motivator!
- However, if stress gets too much then it can make it difficult to focus and put a barrier between you and achieving the best that you can do!



Building Health Habits

Get lots of sleep

Eating regular balanced meals



Speak to people about how your feeling

Take regular breaks

Taking time for yourself

Exercise

Having an effective revision timetable





The 5 ways of Wellbeing

CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

BE ACTIVE

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

TAKE NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Give

Your time,
your words,
your presence

How could you implement this into your week?



Better Sleep= Better Grades



- **Students who sleep better enjoy better grades, better recall, better mood, and better health.**
- **Better sleep is associated with improved academic performance.**
- **To enjoy the maximum benefits of good sleep, you should sleep well for at least a week leading up to your exam.**



Tips from Young Minds for getting better sleep!



Try relaxing without your phone

"Rather than looking at a phone until you're tired, relax by reading a book, writing a journal entry or listening to music."



Listen to relaxing music

"Things that help me are, listening to relaxing music, trying to stick to a time to go to bed and get up, smells you associate with calmness, limiting screen exposure and a notebook to jot down any worries."



Wrap yourself up

"Put a soft blanket on top of your mattress as this can help you relax. You could try and wrap yourself up in the duvet as this can help with sensory issues."



Try downloading blue light filter

"If like me you're on your phone right up until you sleep, it's a good idea to download a blue light filter."



Give yourself sometime

"Give yourself time to wind down before bed. Try to do something relaxing or boring so that you'll feel tired."





Coping Skills



Progressive Muscle Relaxation

ANXIOUS OR STRESSED?
Try progressive muscle relaxation



STEP 1

Make yourself comfortable by sitting or lying down.

Close your eyes if you wish.

STEP 2

STEP 3

Slowly tense each muscle individually for 10 seconds and then release – all while breathing normally.

If you're holding a lot of stress in a certain part of your body, focus on just relaxing that area.

STEP 4

STEP 5

Continue this exercise as long as you want.



RELAXATION ROUTINE

1. SIT ON A CHAIR...



2. "SCRUNCH" UP YOUR FACE...



THEN... RELAX IT...

3. TENSE YOUR ARMS...



THEN... RELAX THEM

4. TENSE UP YOUR SHOULDERS AND CHEST...



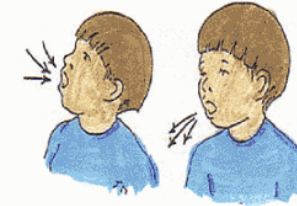
THEN... RELAX THEM

5. TENSE UP YOUR LEGS...



...THEN RELAX!

6. BREATHE IN RELAXATION...



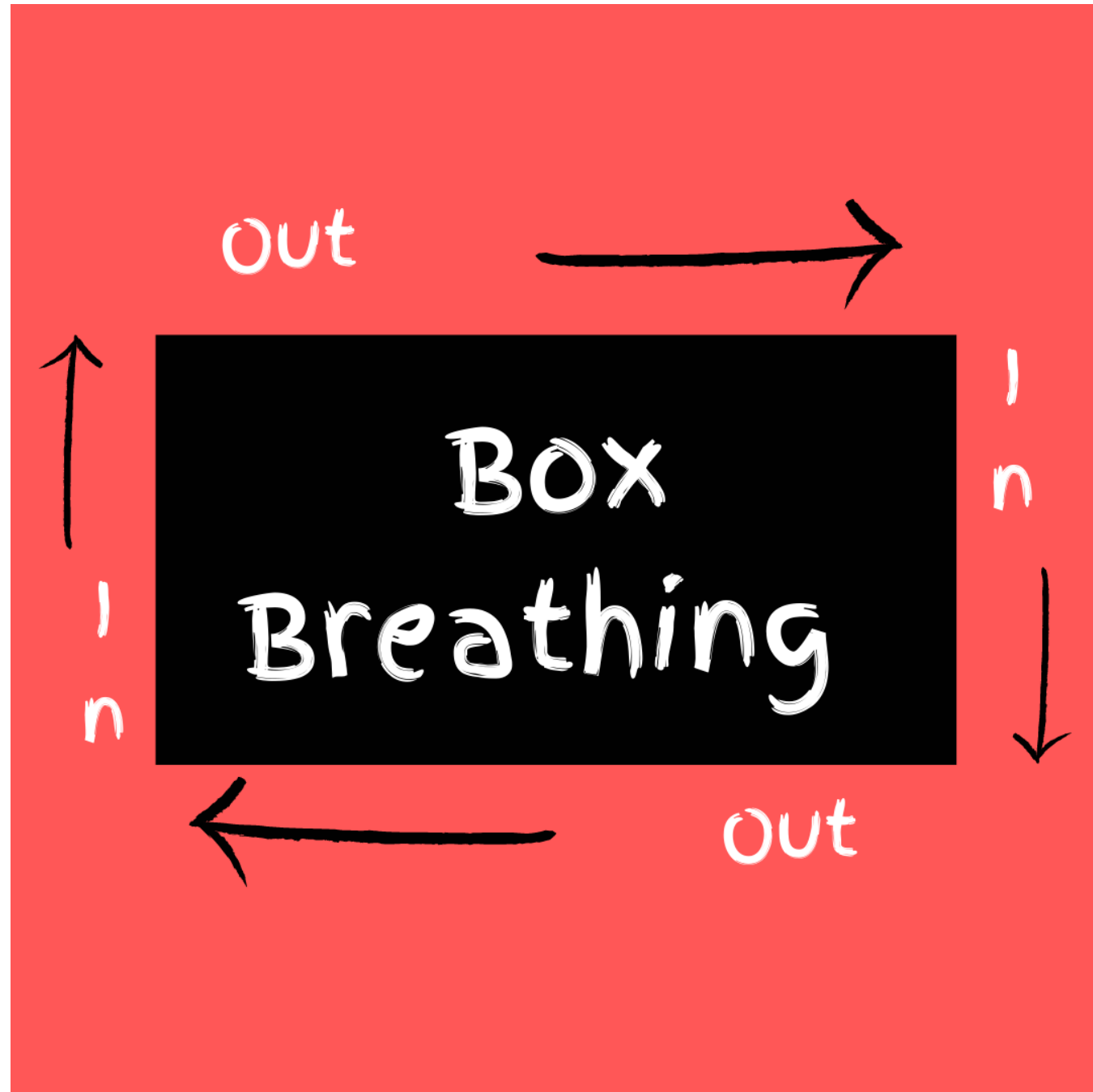
...BREATHE OUT TENSION



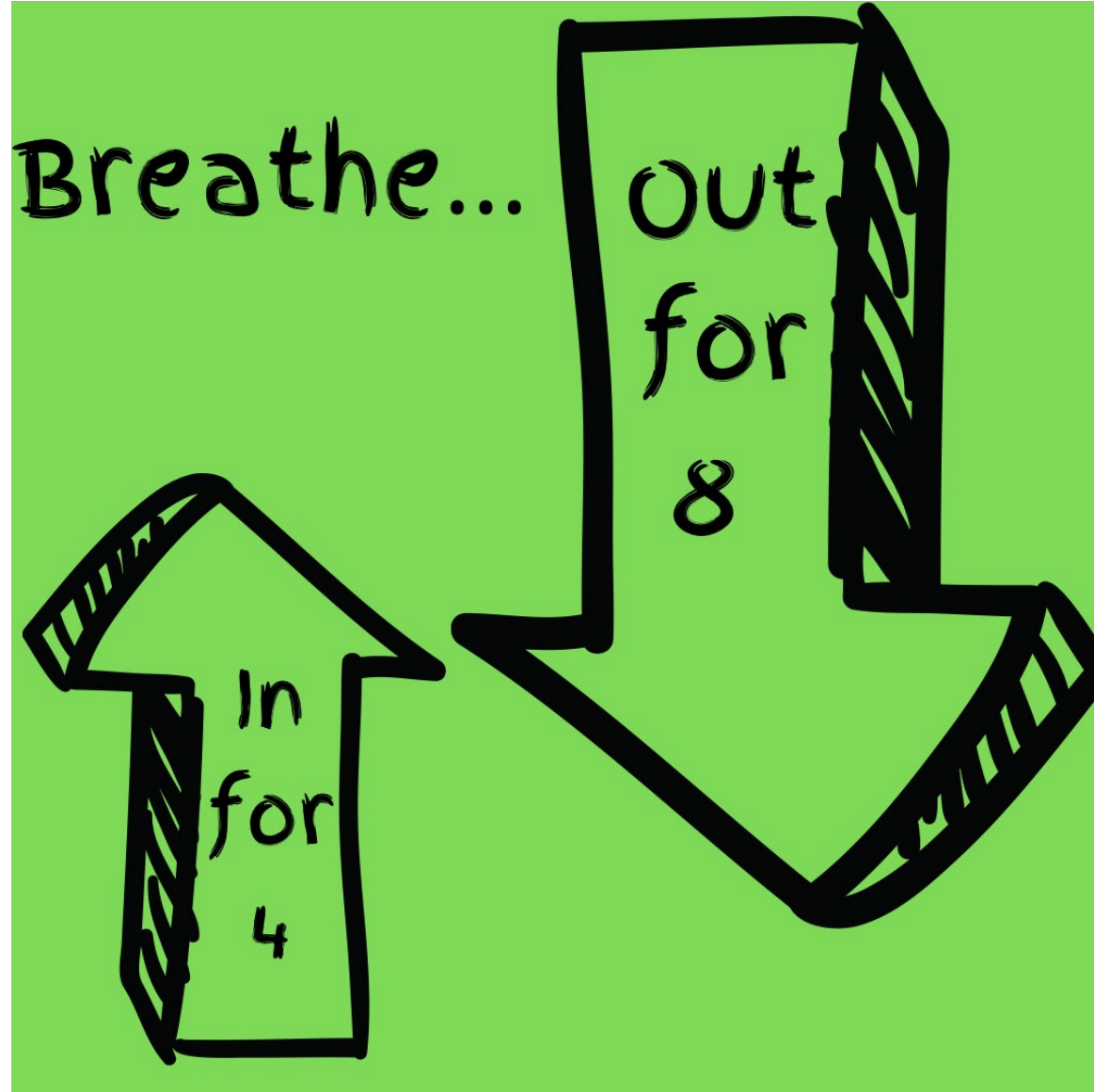
Hand Breathing



Box Breathing



In for 4
Out for 8



Distraction Technique

Count back from
30 in 3's...

30.....27.....24.....



5 4 3 2 1 Grounding technique



ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



2 things
you can
smell

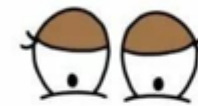


1 thing
you can
taste



@amf.designs

5-4-3-2-1 GROUNDING TAKING SLOW, FOCUSED BREATHS, NOTICE:



5 things you **SEE**



4 things you **FEEL**



3 things you **HEAR**



2 things you **SMELL**



1 thing you **TASTE**



Self-care



TO DO FOR STRESSFUL DAYS



Do some breathing exercises



Speak to a loved one or a friend



Make yourself a nice cup of tea



Listen to uplifting music or podcast



Hydrate yourself



Meditate with gratitude



Go for a walk or stretch



@happystrokes.in x @shreddin_judgement

Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!

STOP STRATEGY

Managing anxiety and panic



S - STOP

T - TAKE A BREATH

O - OBSERVE

P - PROCEED



The Night before the exam

- Check the time and place of the exam
- Pack your bag for the next day with all the items you need
- Avoid doing any more new revision, but review the exam format
- Relax before bed
- Set your alarm so you don't worry about over sleeping

The Morning of the exam

- Get up in plenty of time so you don't need to rush
- Have breakfast
- Double check you have everything you need!
- Avoid revising any new information or cram revision in before an exam
- Leave plenty of time to get to the exam

Last Minute Top Tips!



After the Exam

- Really try and avoid discussing the exam with your friends in too much detail; if you have tried your hardest, discussing how the exam went may only cause more worry
- Focus on your next exam; tick off this exam on your revision planner and continue with plans for the next exam; worrying about a past exam will make it harder to focus on the next one
- Even if an exam didn't go as well as hoped for it doesn't mean this will be the same for the next one



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"I don't think I could've spoken to someone face-to-face."

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kooth
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Places to get support



[Exam Stress | What To Do When Stressed For Exams | The Mix](#)



[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)





You can do this!
Believe in yourself and know
that everything will be okay!

