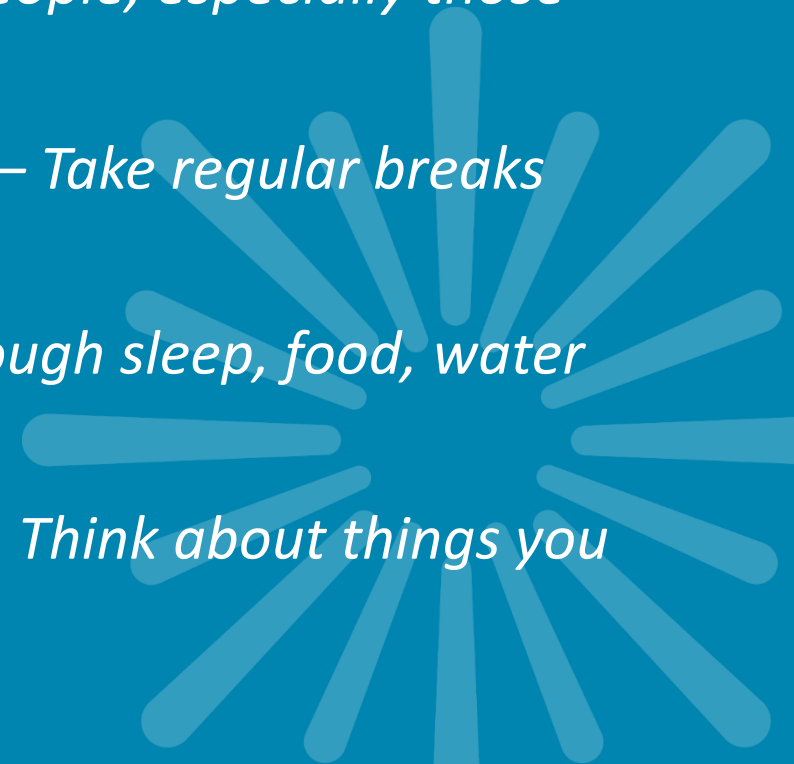


# Managing Exam Stress

## During the exam period.....

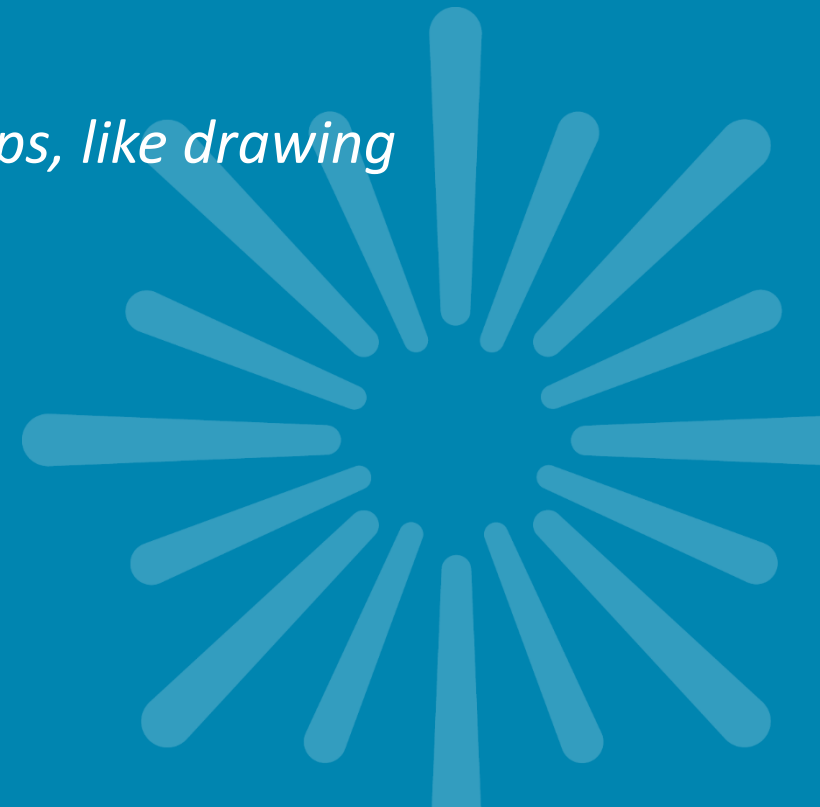
- Make time for things you enjoy – *Find ways to release stress and celebrate progress. You could listen to music, play with a pet or go for a walk*
- Talk to others about how you feel – *Connect with other people, especially those who are going through the same thing*
- Try to find a balance between exam prep and social time – *Take regular breaks and be realistic about what you can do in a day*
- Take care of your physical health – *Make sure you get enough sleep, food, water and exercise*
- Focus on yourself – *Try not to compare yourself to others. Think about things you like about yourself and what you are good at*



# Managing Exam Stress

## Preparing for an exam.....

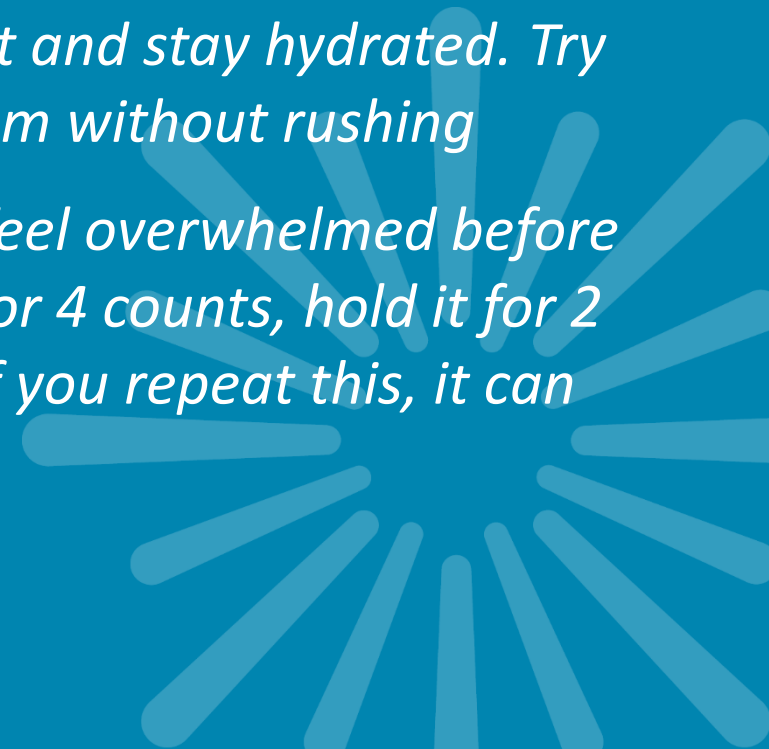
- Make a revision timetable – *This helps organise your revision and your breaks*
- Revise in the best place for you – *You may prefer the quiet or being around others*
- Work in the best way for you – *Be creative or active if it helps, like drawing diagrams or making up songs*



# Managing Exam Stress

## On the day of your exam.....

- Prepare your things the day before – *have everything you need ready to take with you like stationary and water bottles*
- Start the exam day the best you can – *Try to eat breakfast and stay hydrated. Try to make sure you have enough time to arrive for your exam without rushing*
- Try to ground yourself with a breathing exercise – *If you feel overwhelmed before or during the exam, try to breathe in through your nose for 4 counts, hold it for 2 counts and breathe out through your nose for 7 counts. If you repeat this, it can slow your breathing and help you to keep calm*



# Managing Exam Stress

## After your exam.....

- Reward yourself after an exam – *Think of something you could do after an exam that you enjoy. You could go out with friends or play video games*
- Focus on next steps – *Plan what you will do next. This could be doing something fun before revising for the next exam*
- Relax before your next exam – *The stress from doing an exam can leave you feeling exhausted. You might find it hard to revise again before having a break*

