

# HOW TO STAY RESILIENT DURING EXAM SEASON

Exam time can often be stressful and nerve wracking. While some stress can be a positive motivator, being too nervous or tense can lead to exhaustion, anxiety and be counterproductive.

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# GET SOME SLEEP



If you go to bed feeling anxious, you'll find it harder to fall asleep. Avoid starting a new chapter of your revision book late in the day. It'll still be there in the morning when your mind is fresh.

# DON'T AVOID TOPICS YOU DISLIKE



If a particular subject is causing issues, don't dwell on it for too long but don't forget about it completely. Change your study environment or talking it through with someone can work wonders.

# FUEL YOURSELF EFFECTIVELY



Snacking on junk food while revising is all too easy, but won't do you any good. Brain foods like blueberries or avocado can help memory function. And don't be tempted to overdo the caffeine or drugs that claim to enhance performance - the downsides outweigh any supposed benefits.

# FLEX YOUR MIND AND BODY



Any form of exercise is good during exam time - like going for a bike ride or a kick about with your friends. Yoga is particularly good at stimulating your brain to produce chemicals to control calmness. Deep, slow breathing techniques can aid relaxation. And even a few daily minutes of mindfulness can stop you feeling overwhelmed.

# AVOID NEGATIVE VIBES



Avoid being a sounding board for moans from your friends. e.g. a 'Who's more stressed?' contest will do no-one any good. Tune your TV to a comedy series rather than the news.

# SCHEDULE IN A TREAT



Have something other than a single track focus on exam day. Book in a break away with friends that you can start looking forward to. Research things to see and plan some activities to take your mind off the task at hand.

# REMINDER ✨

If you didn't feel nerves during exam time, you wouldn't be human.

Remember exams only count for a small fraction of your life, so don't forget about the rest of it. Be gentle to yourself. Be kind to your mind. And reach out for support if you need to.

if you are worried talk  
to your teachers, they  
are there to help you

pay attention in  
class

plan your time effectively

make sure you  
are prepared

don't  
overthink  
the exams,  
just try  
your best

# COPING WITH EXAM STRESS

## TOP TIPS FROM YOUNG PEOPLE

teachers will tell you  
countdowns to the  
exams but don't let  
this overwhelm you  
because you can try  
your best

find time to check  
in with your friends  
and talk to people  
you trust

don't worry about your  
mock results as there  
is time to learn from  
these and revise more

find time to  
still do things  
you enjoy

# SUPPORT

During exams, you may need extra support to help cope with exam stress, as well as your mental health. Remember: it's okay to ask for help at any time.

You could speak to your parent/carer, a trusted adult, teachers at school or reach out to someone confidentially by calling or texting one of these helplines:



Call 0800 1111  
Open 24/7



Text Shout to 85258  
Open 24/7



Call 116 123  
Open 24/7



Call 0800 652 0190  
Open 24/7

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