



Exam Stress Management

Possible signs of stress:

- Biting nails
- Picking at your skin
- Overthinking, cannot switch thoughts off
- Feeling isolated or alone
- Unable to enjoy yourself
- Change in appetite
- Unable to concentrate
- Tearful or crying

Remember: we are all unique and what tips work for you might be different for someone else. Trying a few different things may help you find what works for you.

Coping with exam stress

There are things you can do to improve your wellbeing when you feel stressed about exams. We have some tips to help you cope. Remember: feeling stressed during exams is normal, and you do not have to struggle alone.

During exam period

The exam period can feel long and difficult, and you might feel under pressure.

Look after yourself is important, some things you could try:

- **Talk to others about how you feel**, especially people who are going through the same thing.

- **Make time to do things you enjoy.** You can release stress and celebrate the progress you have made. Listening to music, drawing, cooking, or go for a walk, alone or with friends
- **Focus on yourself.** Try not to compare yourself to anyone. Concentrate on things you're good at and what you like about yourself. These tips can help boost your confidence
- **Try to find balance.** Take regular breaks and remember that exams will not last forever.
- **Take care of your physical health.** Getting enough sleep, water, food, and exercise will help you through the examinations period. If you take regular medication, keep up with your routine.

Preparing for an exam

You could try lowering stress levels by:

- **Making a revision timetable.** This can help organise your revision and can allow you to schedule your breaks.
- **Being part of study sessions or a study group.** Start a study group with friends or other students in your class.
- **Working in a way that best suits you.** Drawing diagrams, mind maps and flash cards are different styles of studying and revision and can support some students who learn visually.
- **Revision spaces.** You may prefer quiet spaces or being around others. If you do not have a space to study at home, school, can offer study areas as well as the library or a friend's or family member's house.

On the day of your exam

Preparation on the day of your exam can help with stress.

You could try:

- **Prepare your bag/items the night before the exam.** Getting everything you need ready for your exam, like a drink of water, stationary required.
- **Start your day the best you can.** Try to eat breakfast and having enough time to arrive at your exam without rushing can help lower stress.
- **Relax and take your time.** Read the exam carefully and plan what you need to do before answering.
- **Remind yourself:** You have done your best and that's all you can do.

After your exam

To cope with difficult feelings and stress you could:

- **Avoid discussing the exam.** Try not to talk to others to compare answers to questions and avoid researching answers online.

- **Do something you enjoy.** Eat your favourite food or go out with friends or family.
- **Plan your next steps.** Plan in a positive way – do something fun, then, if you have another exam, focus on times and date that it will be over.

Useful weblinks to support with exam stress :

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

[Help your child beat exam stress - NHS](#)