



## Advice for students to help with exam stress

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Exam stress can start when you feel you can't cope with revision, or feel pressure from your school or family. You might worry you're going to fail or you won't get the grades you need for the course or job you want, but there are lots of ways you can cope with this. Some suggestions are below;

1. It can seem scary to talk about stress or anxiety. You might feel like nobody else is feeling this way. But bottling up stress and trying to deal with it on your own can often make the stress worse. So it can really help to talk. Find a friend or a trusted adult and share the way you are feeling, there are several teachers in school who will know how to support you.
2. Write down your worries - then throw the paper away or give it to someone you trust.
3. Try some art therapy – this can be drawing pictures of how you want to feel, what you want to achieve or simply doing some colouring.
4. Go for a walk or do some exercise. Exercise is proven to be good for your brain as well as your body and helps you feel happy.
5. Listen to music that calms you and makes you feel good.
6. Play a game to take your mind off your worries and stress for a bit.
7. Remember that everyone's different - try not to compare yourself to your friends.
8. When we feel anxious, we often give ourselves negative messages like: 'I can't do this', 'I'm useless' and 'I'm going to fail' - It can be difficult but try to replace these with positive thoughts such as: 'this is just anxiety, it can't harm me' and, 'relax, concentrate - it's going to be okay'.
9. Picturing how you'd like things to go can help you feel more positive. Try to imagine yourself turning up to an exam feeling confident and relaxed. You turn over your paper, write down what you do know and come away knowing you tried your best on the day.
10. Try to eat as healthily as you can – cooking a healthy meal is a good distraction from revision, a treat for your exhausted body and mind and helps you to feel achievement.
11. Keep that Friday Feeling – always give yourself some rest and relaxation time!

There are several websites that can help with exam stress and pressure –

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

<http://www.studentminds.org.uk/exam-stress.html>

<http://www.bbc.co.uk/programmes/articles/1HsY1X8ySjKBMVXPVCbP4qH/exam-stress>

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/Coping-with-exam-stress.aspx>

[http://www.huffingtonpost.co.uk/2014/04/11/10-tips-for-coping-with-exam-stress\\_n\\_5130818.html](http://www.huffingtonpost.co.uk/2014/04/11/10-tips-for-coping-with-exam-stress_n_5130818.html)