

Students Guide to dealing with Exam Stress and Anxiety

Worrying about exams is normal and actually healthy believe it or not! What isn't healthy is to bury your head in the sand and ignore how you are feeling.

If you talk about how you are feeling with your friends you will realise that they are probably feeling the same.

The staff are aware of the pressure that you are under and we are here to support you. Please speak with your Subject Teacher, Form Tutor, Head of Year, a member of the Pastoral Team or any member of staff that you feel confident with.

Bottling up stress and trying to deal with it alone can often make the stress worse so please share your feelings with your family and us so that we can do all in our power to help you.

Here are some things that you can do to help yourself too:

- ✓ Eat regular meals (our bodies and minds will not run on empty!)
- ✓ Drink plenty of water (Please DO NOT drink ENERGY DRINKS! They will not help you and in fact will have a negative impact on your body and mind)
- ✓ Plan a Revision Timetable – and stick to it as much as possible! (you can get your parents, carers or us to help you with that if you like)
- ✓ Study in a calm environment if you can. Maybe tidy your bedroom and make it 'Exam Friendly' by clearing a table ready for the books that you need to revise from and have pencils and pens to hand as well as paper to makes notes on (we can help you if you need any of this).
- ✓ Get enough sleep! This is *really important!*
 - Turn off your computers at least half an hour before you go to bed and chill (maybe listen to some calming music).
 - Have a warm drink
 - Make sure your bedroom is dark and isn't too hot
 - Do your breathing exercises (we will go through these with you)
 - Think lovely thoughts: Imagine walking into the Exam Hall full of confidence, knowing that this is your time to show off all that you have learned over all your years at school; you really do know a lot more than you give yourself credit for!

- ✓ Talk about your worries or concerns with family, friends and staff
- ✓ Get plenty of exercise (go for a walk and get some fresh air. Take your dog and/or play some music)

When we get anxious we often give ourselves negative messages like:

'I can't do this'

'I'm useless'

'I'm going to fail'

'There's no point in even trying'

'I don't know anything or can't remember anything'

Does this sound familiar? It won't be easy but try hard to replace these feelings with positive thoughts like:

'This is just anxiety and that's natural'

'It can't harm me'

'I just need to relax and concentrate because everything will be Okay!'

Are there other things going on for you?

If there are other things going on in your personal life that are causing you stress this can make concentrating more difficult.

If this is the case for you please share what you can with someone you trust; this could be family, friends or one of us. We will do whatever we can to help.

Who can you talk to?

Sometimes we don't feel able to talk with the people we know for many reasons. Maybe we feel they have enough to deal with or we are embarrassed that we feel we are not coping. If you feel like this there are confidential helplines that you can contact:

Childline: 0800 1111

Youngminds: 0808 802 5544

or online [ymenquiries@youngminds.org.uk](mailto:yomenquiries@youngminds.org.uk)

Get Connected: 0808 808 4994

THESITE.ORG TheSite.org This is an on-line guide to life for 16 – 25 year olds for everything from sex and exam stress to debt and drugs.

Samaritans: 08457 90 90 90

Good Luck and remember: We are Ryburn!

