

A guide to: *Exam Stress*



Made by Sixth Form Students

Run Up To Exams

- **Effective time management-** revision timetable (subject topics and specific tasks)
- **Take breaks-** socialise with friends and spend time with family, exercise, hobbies
- **Take gaps between revision-** don't cram it all in in one go, otherwise you won't retain information
- **Get enough sleep-** at least 8 hours

Morning of Exams

- **Eat a filling breakfast to reduce nerves and motivate your mind**
- **Warm up your brain-** maybe read a few flashcards
- **Arrive at school with plenty of time to reduce the worry of being late**
- **Avoid people who will stress you out and find people who will calm you down**
- **Take a moment to remind yourself of the hard work you have put in, pause and take deep breaths, have a mint or gum if you need**

Relaxation Techniques

- **'Box breathing' - Breathe in for four seconds, hold for four seconds, breathe out for four seconds and hold for four seconds**
- **Relaxing Music – helps with anxiety, by lowering heart and breathing rate. Alternatively, listening to music you like and enjoy.**
 - **Walks outside - fresh air is said to help with mental health**
 - **If it gets too much, asking for help from friends, family or school staff.**

