

Tackling Exam Stress



Feeling Stressed?

Put things off
Cram revision
Irritable
Tearful

Actions

Overwhelmed
Confused
Anxious
Frustrated

Thoughts

What if I can't do it?
I am not as good as others.
Will I let people down.
I'm too tired to concentrate
I don't know where to start

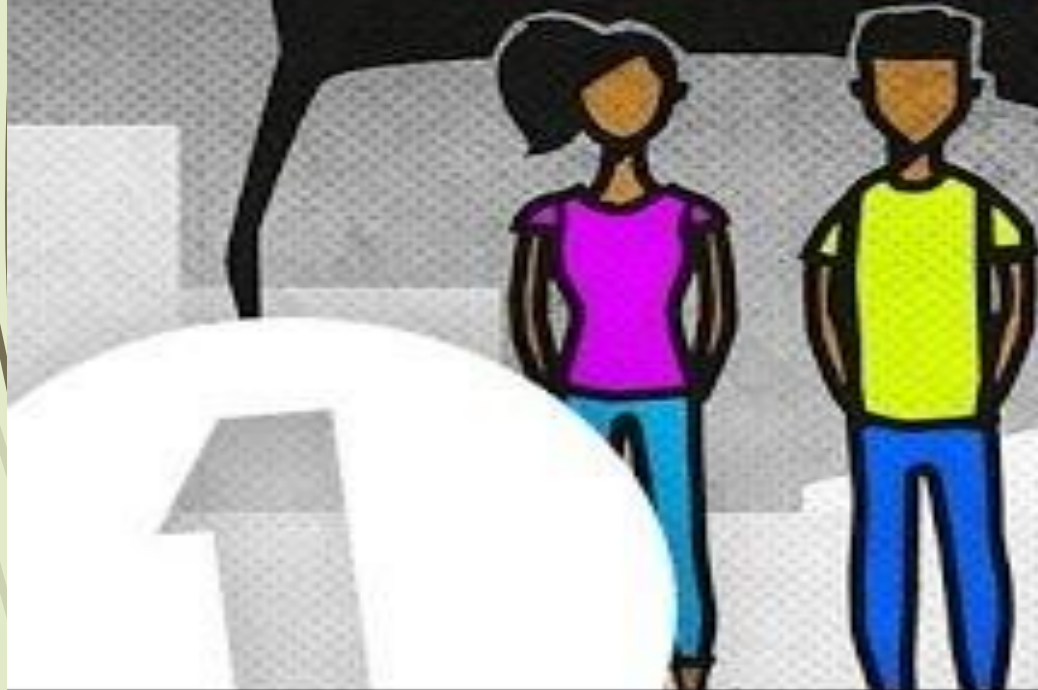
Feelings

Physical signs

Restless
Sweaty palms
Headache
Increase breathing and
heart rate
Feel sick
Butterflies in stomach
Shaky



The Fear



<https://youtu.be/7AgswlakjRw>



How do you cope with these stresses?
.....look after your own Wellbeing

- ▶ WELLBEING is not being happy all the time, but it is having **emotional resistance** to deal with life`s stresses.....TO COPE.



5 Ways to Wellbeing

Learning;

- Give yourself a weeks timetable with protected slots for revision and selected slots for Family , friends , activities.
- Best to keep revision slots to 45 minutes and then have a break.
- May focus better on 1 or 2 subjects per day. Rather than doing lots of subjects.
- If you start losing focus...take a break.
- Put phones etc on silent and away from your view.
- May help to have a study buddy, so long as you don't get distracted.
- There are different techniques used in Revision, i.e. Flash cards with key statements. Colour coding different themes etc see what is best for you.

➤ Giving:

- Give yourself a break.
- Give yourself nutritious food and drink plenty of water.
- Give yourself a reward if you achieve what you set out to achieve today.
- Be good to yourself



5 Ways to Wellbeing



Connecting:

- ▶ Talk to someone about any worries.
- ▶ Make the most of group study sessions after school
- ▶ Keep in touch with family, friends and usual activities online

Active:

- ▶ Physical activity releases endorphins , lifts your mood. Why not use break times for walk, cycling, football etc
- ▶ Energises you if feeling sluggish after (or before) a revision session.
- ▶ Doing activities that you enjoy helps your wellbeing especially creative activities like music, art, reading or cooking

Notice:

- ▶ Mindfulness = being in the moment for just 1 or 2 minutes, STOP and notice, sounds, environment, touch, smells etc
- ▶ Notice if you are becoming tired or anxiety is raising, and act on it by talking to someone or having a night off from studying doing something for yourself.



Mindfulness = being in the moment...present



Mind Full, or Mindful?



Sleep



- ▶ As an adolescent your brain is continuing to grow and develop. It does its most important work whilst you are sleeping – connecting all that you have learnt, experienced, seen and heard during your day. So it is really important that you give it at least 9 hours sleep each night to allow this to happen. Sleep helps you to recover from anxious thoughts and low mood, it helps you to concentrate, focus, aids memory and helps your physical health by increasing your immunity.
- ▶ A sleep routine is really important.



Sleep Routine

Daytime



- Take regular physical activity
- Eat a healthy balanced diet
- Go out into natural light for at least 30 minutes each day
- Avoid daytime naps
- Talk about any worries at least 2 hours before you go to bed, avoid arguments and disagreements

Evening and Bedtime



- Switch off internet, TV, put your phone to one side and don't play any computer games etc at least 2 hours before you go to bed
- Avoid caffeine, no fizzy drinks or chocolate. Have a milky or herbal drink instead
- Take time to relax, read a book, listen to calming music, relaxing exercises.
- Have a warm bath to relax you.
- Set a consistent bedtime and wake up time 7 days a week.



Sleep Routine

Your Bedroom

- Keep your bedroom free of clutter
- Make sure your bed is comfortable
- Keep the lighting low, avoid bright main lights
- Keep your bedroom cool, dark and quiet
- Remove any nocturnal pets
- Remove any electronic equipment from your bedroom



Diet



- ▶ Eating a varied balanced diet each day and staying hydrated can help you feel good and perform at your best. So try the following:
- ▶ Eat some carbohydrates each day such as pasta, bread and cereals. They are great at slowly releasing energy throughout the day.
- ▶ Eat a rainbow- try fruit and vegetables of different colours which will provide you with a variety of minerals and nutrients.
- ▶ Have a good breakfast
- ▶ Enjoy some healthy snacks, such as fruit, nuts, cheese and biscuits during your day.
- ▶ Drink at least 6-8 glasses of water each day and avoid fizzy drinks and energy drinks which are laden with sugar as well as caffeine drinks such as tea or coffee. You'll have some energy for a while but it won't last and your emotions will be all over the place. This will make it so much harder to concentrate and you may become irritable and anxious. Have a look at the link below for some more ideas.
- ▶ www.nhs.uk/live-well/eat-well/the-eatwell-guide



Where to get more support

- ▶ Family and friends
- ▶ Subject teachers
- ▶ Department Heads
- ▶ Head of Year
- ▶ Tutor
- ▶ Booster sessions
- ▶ Student Support Officer
- ▶ Mrs Chapman
- ▶ Mrs Matcham
- ▶ Drop-in Thursdays 8.15am - 8.40am in AMI
- ▶ Nurse Nelson
- ▶ Mrs Head (Student Counsellor)



- ▶ Childline 0800 1111
- ▶ Text **SHOUT** to 85258
- ▶ Getselfhelp

<https://www.getselfhelp.co.uk/>

- ▶ Service Six

<https://www.servicesix.co.uk/>

- ▶ Crisis Café (Youthworks)
Drop in Thursdays 4 til 8pm
at Keystone, Rockingham Rd.

- ▶ School Nurse Text;
07507 329 600

- ▶ CAMHS live;

www.NHFT.NHS.UK/CAMHSLIVE

www.youtube.com/watch?v=5ICRsLjMeso

