

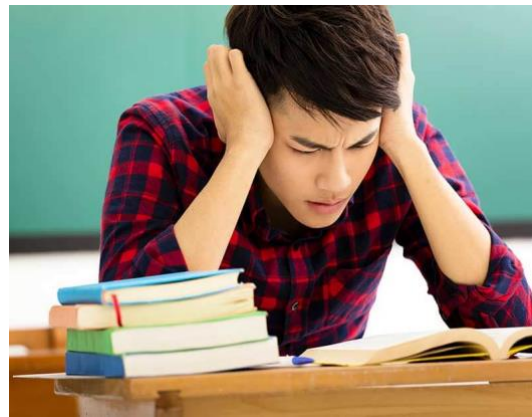
Exam stress; how to beat it



The 5 ways to wellbeing to prioritise our mental health and support us through the exams.

Organisation can be key to breaking down a large task into something more manageable and planning our time.

Sleep is essential to wellbeing and mental health. Make sure you get your 8 hours!



Get a balance between revision and your day-to-day activities including hobbies and interests.

The fear of failure can be debilitating, a bad exam does not mean you are a failure - Keep things in perspective.

Speak with your friends who are also going through exams.

Useful websites for Students;

<https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/>

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

<https://www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/>

Useful websites for parents and carers;

<https://youngminds.org.uk/blog/exam-results-stress-advice-for-parents/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>