

# Medway Partnership Commissioning

## CYP Mental Health & Emotional Wellbeing

Support For CYP Experiencing Exam  
Stress





# Exam stress and how it can present in children and young people:

- Exam stress is a feeling of worry or tension about an approaching test. It is normal for most children and young people to experience stress around exam times and a healthy amount of stress can be essential in order to prepare for the exams.
- However, exam stress can become an issue if begins to impact on the child/young person's psychological wellbeing as well as academic or learning goals.
- Exam stress can manifest in different ways such as anxiety, overwhelmed with workload as well as physical symptoms such as headaches and stomach pain.

# Top Tips

1. A good sleep routine
2. Healthy eating
3. Exercise
4. Yoga
5. Good time management during exam times
6. Reduced pressure from others

# NELFT's Medway Emotional Support Team Support- *Click on picture twice to access*





## Less Stress Guide to Exams


### Stress and Your Body

Our bodies have evolutionarily adapted to prepare us for threats by fighting, fleeing, or freezing. Modern day stressors like exams are not life-threatening, but may feel that way in our bodies.


**Fight**



**Flight**

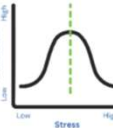


**Freeze**



Stress is normal and can be used as a motivator or warning sign that something needs to be addressed.

Too little or too much stress can lead to poor performance and can impact our wellbeing and physical health.



### Problem Solving

If you have worries about things you have control over, such as not understanding a concept or the amount of revision to do, you can use a stepped approach called "problem solving":

- 1 Identify the problem
- 2 Think of all the possible solutions
- 3 Write down the pros and cons for each solution
- 4 Choose one to try out
- 5 Review how it went. If the problem is not solved, try another solution.

### Calming Exercises

Even with effective revision techniques, you may still become anxious while studying or taking the exam. These strategies can help calm you down wherever you are:

#### Progressive Muscle Relaxation






Tense each muscle group and hold for 5 seconds. Then, exhale and let your muscles fully relax for 10-20 seconds before moving to the next muscle group.

#### 5-4-3-2-1

Look around and take a deep breath between each thing named.



- 5 - Things you can see
- 4 - Things you can touch
- 3 - Things you can hear
- 2 - Things you can smell
- 1 - Thing you can taste

### Top Tips for Revision

-  Make a revision timetable to break learning into smaller chunks over time. This will help reduce overwhelming feelings.
-  Try listening to instrumental music to settle your background and sharpen your focus.
-  Use stationery to break down ideas into bite-sized chunks and to highlight key concepts.
-  Prioritise self-care like getting enough sleep, exercising, and limiting sugar/caffeine at night to help your body concentrate better and remember more information.
-  If possible, revise past exam questions. Doing this in exam conditions may help calm nerves on the day.

### Resources

If you need further support, *Koath* provides workshops and an anonymous 24/7 live chat. *Headspace* provides relaxation, sleep, and mindfulness exercises and study music playlists.

Best care by the best people

# Links and resources

<https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students>

- Coping with exam pressure: a guide for students—has advice and guidance on how to cope with pressure associated with test/exam anxiety

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

- Contains tips from other young people and revision tips
- How to deal with disappointing exams results

<https://youngminds.org.uk/blog/exam-self-care/>

- How to build self-care into your daily routine

<https://www.annafreud.org/on-my-mind/self-care/revision/>

- Wellbeing tips for secondary pupils during exams:

# Links and resources

<https://www.themix.org.uk/work-and-study/study-and-exam-tips/exams-and-the-pressure-to-do-well-23966.html>

- Exams and the pressure to do well: has exam and study tips

The Mix also has support services including

- **Telephone support** (0808 808 4994) open 7 days a week from 4pm-11pm
- **1-2-1 chat** open 7 days a week from 4pm to 11pm
- **Crisis messenger system:** 24-hour system 7 days a week-text THEMIX to 85258

# Links and resources

<https://www.annafreud.org/on-my-mind/self-care/revision/>

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

The Student Room: the UK's largest online community for students which has a lot of free advice and guidance including revision guides, advice on making flashcards or mind-maps and a range of top-tips from students themselves

<https://www.hey mind.org.uk/exam-stress/>

Exam Stress top 10 tips:

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

14 ways to beat exam stress by other young people:

# Links and resources

<https://www.kooth.com/>

- Providing support on how to manage mental health and emotional wellbeing via a digital platform

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

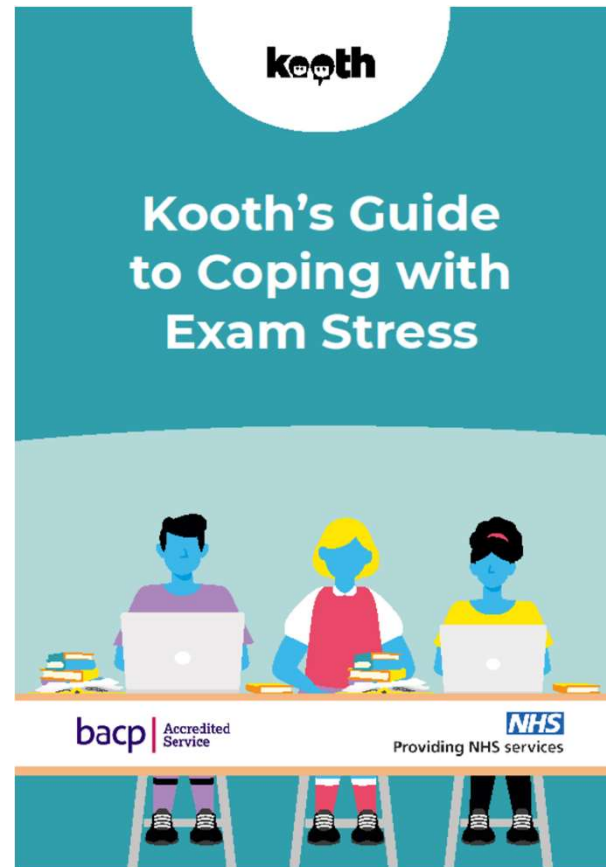
- Provides helpful tips to help you spot the signs of stress in your child. This can be difficult for them to deal with especially around exam time.

<https://www.nelft.nhs.uk/camhs-exam-stress>

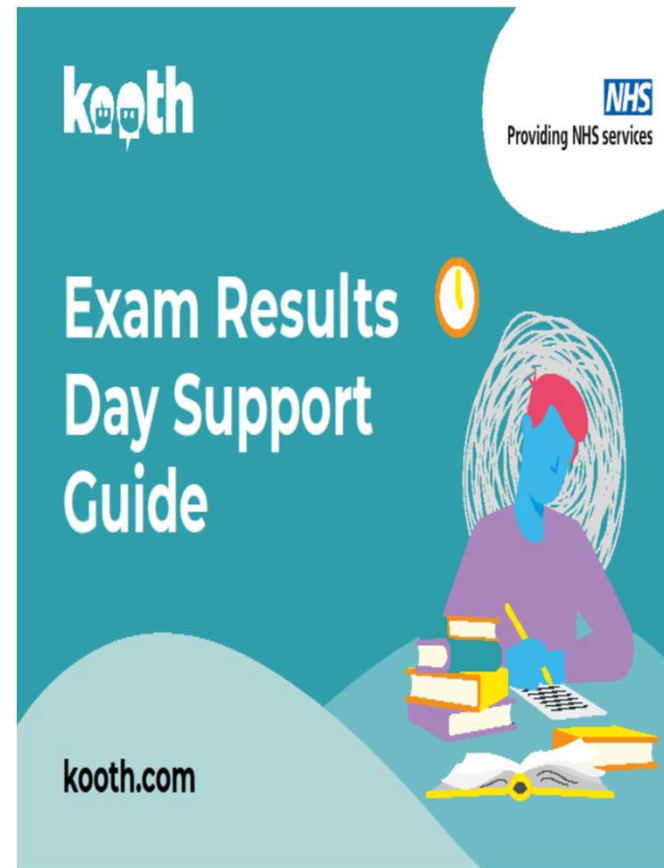
For further support



## Kooth additional resources- *(double click on picture)*



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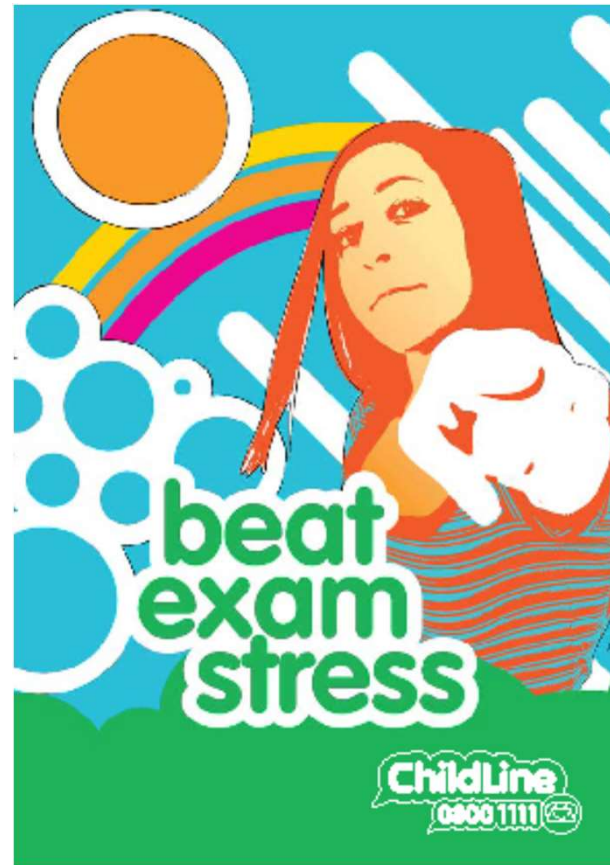


## Kooth additional resources- *(double click on picture)*

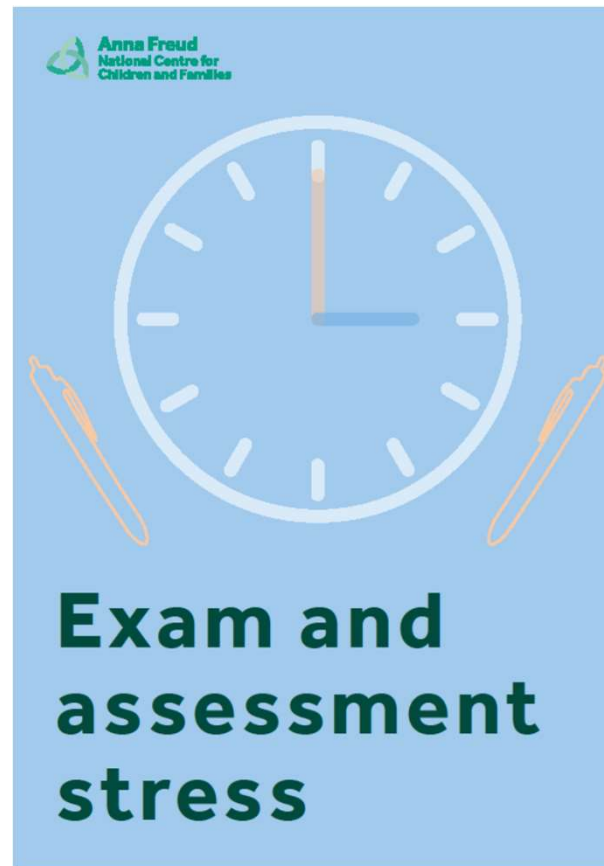
The graphic features the Kooth logo at the top center, followed by the title "Coping with Exam Stress?". Below the title, three stylized human figures are seated at a long wooden table, each with a laptop. The background is a light teal color with several white sticky notes pinned to it. The sticky notes contain the following text: "Positive affirmations", "Moving your body", "Mapping out your studies", "Taking a moment", "Talking about what's on your mind", "Journaling and music", "Taking care of your needs", "Take a break", and "Switching off". At the bottom of the graphic, there is a line of text: "Find free, safe and anonymous mental health and wellbeing support on [Kooth.com](https://www.kooth.com)".

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# Child line additional resources



# Anna Freud additional resources




# Mind additional resources

## Revision Timetable

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

 **Mind** | Hull and East  
for better mental health | Yorkshire


For support, get in touch.  
Call 01482 240200, email [info@heymind.org.uk](mailto:info@heymind.org.uk)  
Or visit [www.heymind.org.uk](http://www.heymind.org.uk)

# Mind additional resources

**Revision Timetable**  
Daily Planner

Name:

Times	Subject / Activity	Done?

 **mind**  
for better mental health  
Hull and East  
Yorkshire

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# Links and resources for parents

- **Young Minds** – Parent Advice
- <https://www.youngminds.org.uk/parent/>
  
- **Young Minds** – Help your child manage exam stress
- <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

**NHS** – Help your child beat exam stress

- <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>