

## Tops Tips for Managing Stress and Mental Health during Exams

- Prioritise Sleep: 7-9 hours a night will give you a well-rested mind and body.
- Exercise: Even if its not daily, physical activity will help improve your focus and mind.
- Eat Right: Try to reduce caffeine and sugar intake, so avoid energy drinks if possible.
- Talk to Someone: Talking can help relieve any exam worries and bottled up stress.

# DEALING WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.



**BELIEVE IN YOURSELF**  
If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.

**GET ORGANISED**  
You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.

**MAKE SLEEP A PRIORITY**  
Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.

**OVERCOME PROBLEMS**  
If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teacher or revising on GCSEPod.

**EXERCISE**  
A healthy body = a healthy mind. Encourage your child to do at least 20 minutes of physical activity a day to help improve their focus and keep them relaxed.

**EAT RIGHT**  
Ensure your child is eating three healthy meals a day and limit their caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts!

**TALK ABOUT YOUR NERVES**  
Nervousness is a natural reaction to exams but bottling it up will only make it worse. Talk to your child about how they're feeling, it will help them to relieve any stress and worrying they maybe experiencing.

**KEEP THINGS IN PERSPECTIVE**  
Exams will seem like the most crucial thing, but in the grander scheme of things it's only a small part. Remind your child of this and tell them, they can only do their best and that's enough!



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<file:///Y:/Virtual%20School/Private%20%20Confidential%20-%20PEP's%20from%20March%202018/RESOURCE%20PACKS/YR%2011%20-%20EXAMS/Year%2011%20Resources/Dealing%20with%20Exam%20Stress.pdf>

<https://www.youngminds.org.uk/media/mqljrydj/staying-well-during-revision-and-exams.pdf>

### Tips from Young People:

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

### Advice for Parents/carers:

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

Young Minds have a guide for young people it includes a guide for parents too:

[Exam Stress](#) | [How To Deal with Exam Stress](#) | [YoungMinds](#)

## Guidance: Coping with exam pressure - a guide for students

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

### Support for you

- Kooth
- GCSE Pod
- Mind of My Own
- Mindfulness activity <https://www.youngminds.org.uk/professional/resources/mindfulness-activities/>
- Stress Bucket activity <https://www.youngminds.org.uk/professional/resources/stress-bucket-activity/>

### Letter to parents April 2023 - GOV.UK

<https://www.gov.uk/government/publications/letter-to-parents-april-2023/letter-to-parents-april-2023>

### Study resources

<https://thecrashcourse.com/>

<https://senecalearning.com/en-GB/>

### Post 16 resources

<https://www.camden.gov.uk/documents/20142/13921075/Virtual+School+Booklet+EET+Options+16%2B+105+x+210mm+Nov+2022.pdf/ebbef51c-b3d1-a547-1052-bdc41ce13b36?t=1669828857819>

### Navigating Exam Season

[https://www.place2be.org.uk/our-services/services-for-schools/navigating-exam-season-free-resources/?utm\\_source=Schools&utm\\_campaign=839f301d2b-Non-Partner\\_Schools\\_Newsletter\\_May\\_2023&utm\\_medium=email&utm\\_term=0\\_c6b02a1e38-839f301d2b-221386928](https://www.place2be.org.uk/our-services/services-for-schools/navigating-exam-season-free-resources/?utm_source=Schools&utm_campaign=839f301d2b-Non-Partner_Schools_Newsletter_May_2023&utm_medium=email&utm_term=0_c6b02a1e38-839f301d2b-221386928)

### Crash Course:

<https://thecrashcourse.com/>

Seneca: <https://app.senecalearning.com/courses?Subject=English>