

# MIND+BODY

Health & Well-Being

## Exam Stress

## Exam Stress Advice

While the pressure of exams may be a genuine motivator to knuckle down and get some work done, the pressure of exams can often be too much. If you ever feel like the workload is getting too much for you, or even if you are stressed out on the day of the exam there are things to do to help you relieve some of the stress.

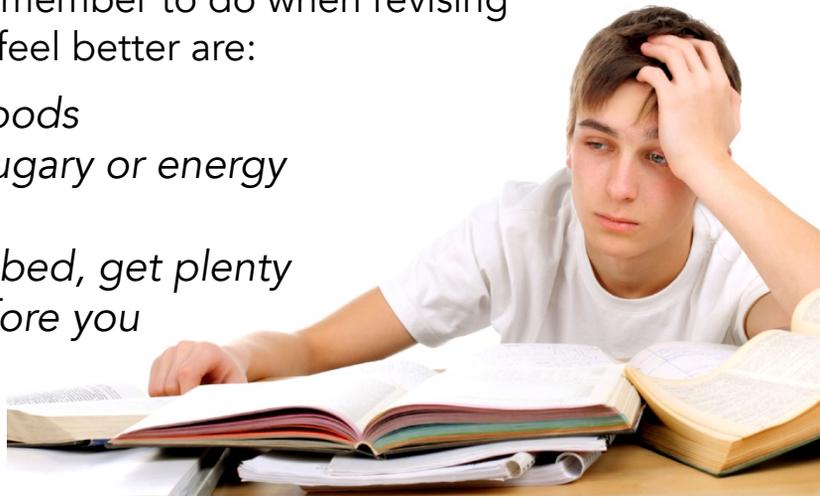
The first thing to do is to recognise when you're feeling stressed, things to look out for include:

- Problems sleeping or constant tiredness
- Increased anxiety, feeling worried or overwhelmed with the workload
- Headaches or dizziness
- Feeling depressed or losing self-esteem
- Loss of appetite
- Being annoyed at things you normally wouldn't

Having one or more of these symptoms may mean you are feeling stressed. However only you know if you are really feeling stressed, compare how you feel normally to really understand whether the pressure is effecting you. If you decide that it is then don't worry, there are many things you can do to relieve some of the stress.

3 Quick and crucial things to remember to do when revising to relieve stress and make you feel better are:

- ✓ *Eat Well* - Avoid sugary foods
- ✓ *Drink Well* – Avoid fizzy, sugary or energy drinks
- ✓ *Sleep Well* - Relax, go to bed, get plenty of hours before you start again



## Tips to deal with stress before exams

- ✓ When you realise you are feeling stressed or not working well, **have a break!** Go for a chat with a friend, go outside, do whatever you want to relax. Give your brain a break from the stress of exam revision. Be fair to yourself though with how much time you wish to spend revising versus how much time you have for breaks.
- ✓ **Do not compare the work you're doing to others!** Everyone revises differently, there is no point in worrying if someone is working differently to you! Just make sure you are revising effectively and if you have a study timetable you should stick to it!
- ✓ A good way to let off steam is to **do some form of exercise!** Playing some sport or going for a bike ride helps remove some stress as you have fun and forget your worries. It also helps resets and refocuses your mind for when you get back to work!
- ✓ **Talk about your stress** with a family member, friend or teacher! Just talking about your stress and worries with someone you trust helps you overcome some of the pressures during exam time. Don't let the pressure build!

### On Exam Day:

- Get a full nights sleep
- Have a good breakfast
- Take water with you into the exam
- Take your time during the exam, if you start to panic take a second and breath slowly to calm yourself

Once the exam is over, don't analyse it with friends!

There's nothing you can do to change it afterwards, so there's no point in worrying about it!