



Exam Stress

Working towards exams can create feelings of worry and being put under pressure, don't worry this is normal! Whether it's mocks or the real thing, GCSEs or A-Levels, stress and anxiety about exams can affect EVERYONE.

We feel like this because our body produces a chemical called adrenaline and this is our body's way of coping with a crisis. Some adrenaline is helpful and can make us perform better in exams but too much can give you uncomfortable feelings such as:

- Feeling sick or dizzy
- Having butterflies in your tummy
- Going to the toilet a lot
- Not being able to sleep
- Muscles tensing up
- Feelings of panic

It's important to try look and beyond that sweaty, panicky, exam-revision bubble. Take breaks, manage expectations and be kind to yourself.

So what can you do to calm down?.....



- **Don't leave your revision until it's too late** – pace yourself over the weeks before the exams start and make yourself a realistic revision plan.
- **Don't spend hours on end stuck in your room trying to revise** – it might impress your family, but quality revision is best done in short bursts with breaks in between.
- **Plan a treat or a relaxation activity for when you are taking a break** – Chill out, try to do something which makes you laugh (Laughter is good for releasing tension!), go for a walk or meet with a friend.
- **Do talk about your worries with a teacher, another adult in school or a friend** – there may be someone in school you can talk with to help keep things in perspective. Sometimes things can get out of proportion when you keep things to yourself.
- **Don't compare yourself to others all the time** – if you start beating yourself up because you think haven't done as well as a friend, recognise this as an unhealthy thought and replace those thoughts with all the things you have achieved and have done well at.
- **Keep things in perspective** – there is nothing wrong with having high expectations of yourself, just remember to cut yourself some slack if things don't go as planned.....there are options and there is life after exams!



What to do if you don't get the results you hoped for:

Sometimes things don't go as planned, disappointing things *can* and *do* happen to all of us during our lives and although it may seem so at the time, it's not the end of world.

Many successful people have failed exams at some point in their life and there is always the chance to try again or rethink your plans – make a 'plan B' and discuss your post exam options with your teachers and family.

If your feeling of panic and stress either *before* the exams or your feeling of disappointment *afterwards* is overwhelming then **do talk to someone about it.**

