

# TACKLE EXAM STRESS THREE WAYS

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## EXAMS AAARGH!

No matter how much you tell your pupils to eat well, get a good night's sleep and plan their revision there will always be rising stress as the exams come closer. Sometimes it's the anticipation that's worst. Try these three quick tips with your students.

## BREAK IT DOWN

Ask pupils to pick three things they're most stressed about- can they really focus on the reasons for the stress? is it lack of revision, comparing yourself to mates, worry about the future? Now jot down three simple things you can do NOW to address each fear eg: comparing yourself to others- 1) suggest talking about things other than exams with mates 2) Find somewhere you can revise alone 3) Revise weaker areas in a different way- listen to podcasts, draw diagrams, record your notes.

## TAKE A TECH BREAK

Pupils revise online, they're glued to their phones and social media sites. It's hard but encourage them to take a tech break every now and then while revising. Go old skool with written notes, paper diagrams and post its. Switch off all alerts and sounds and only check phones after a certain amount of revising time. Download an app that blocks social media for certain amounts of time or try the pomodoro technique.

## WALK IT OUT

It might sound boring to young people but going for a walk can get you out in the fresh air, can clear a busy mind and helps information to settle. If pupils don't like the idea of walking for walking's sake then ask them to complete a task while walking- take three interesting photographs, listen to your favourite music, clear the mind and observe the world around you. Maybe ask pairs and small groups to plan some walks together.

## NEED MORE HELP?

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