

Managing Exam Stress

Exam time is stressful in lots of ways and in different ways for each of us. We need to meet our **physical and emotional needs** as well as our **academic needs**. These needs are easiest to meet during stressful times if helpful routines and habits are already in place to begin with.

Your physical and emotional needs may be addressed through **Ways to Wellbeing**: habits and routines of things we do which keep us emotionally and physically well. The ways to wellbeing are:

- Connecting with others
- Getting active
- Taking notice, of the moment and environment around you
- Learning
- Giving to others

Some routines may change a little in exam times, but keeping some balance is beneficial. Eating a balanced diet and getting plenty of sleep is also crucial for optimal brain function – which will help your revision as well as your mental wellbeing.

Remember that exams are likely to be stressful and it is normal to experience them in this way. Some ‘helpful’ stress can tell us that we care about something, and it may be motivating. However, too much stress might be overwhelming and stop us functioning normally or helpfully.

Signs that your stress levels are becoming unhelpful might be that you are focusing *only* on studying and revision and not managing to make time for other things in your life. It could be that you are having lots of unhelpful thoughts about what others think or over-emphasising the importance of exams on your future happiness and success. If your eating habits and sleep patterns have changed for the worse, this can be another indicator that the stress is not at a manageable level. Also remember that exam time may cause any **pre-existing struggles and stressors** to become more difficult to manage.

If you are struggling to know what or how to revise, then remember to reach out to your subject teachers. If you feel that you need additional support with managing exam-related stress, do speak with your year team. They will be able to help you figure out whether and what further support might be needed inside or outside school.

Further information:

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

[Exam stress and pressure | Childline](#)

[5 Steps to Wellbeing Animation - YouTube](#)

[Managing Exam Stress - YouTube](#)

For parents and carers:

Try to support your child to maintain a sense of balance when it comes to preparing for exams and to build in plenty of breaks and self-care activities. A quiet working space is important but can be difficult to provide at times so remind your child that they could make use of homework club after school on Monday-Thursday or use their local library to work from. If you have concerns that your child's wellbeing is being disproportionately adversely impacted by exam stress, then do reach out to their form tutor.

Further information:

As well as the links in the section above, you may find the following helpful:

[Parents' Guide To Supporting Children At Exam Time | YoungMinds](#)

[Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#)

[Exam Stress - YouTube](#) – a very practical short video on how to support young people