



For Young People

The little book of Exam stress Help



**Exam
Essentials**

Visit BBC Bitesize for
advice and tips on
handling exam day



for more
ideas

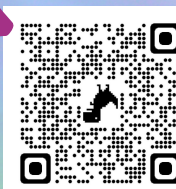
Exams are time
limited: there is an
end in sight!

Employers look at your personal skills
and attributes – not just your grades

Your unique skills and qualities cannot
be measured by exam results

Exams are important, but they are
not the only measure of success

Keep it in Perspective



Priorities

Make a list of the tasks you need to
do to prepare for your exams?

Revision Tips



**Be realistic about what
you can achieve in a day**

**Try not to compare
yourself with others**

**Find the best way to study
that works for you**

**Take regular breaks during
study to give your brain a rest**

**Try to eat, sleep well and drink
lots of water to stay hydrated**

**Create a daily planner to
manage study and self-care**

Time

Daily Planner -Activity



- ☺ Write using a pencil – erase and use again
 - ☺ You could use a notebook to create variations
 - ☺ Remember to add a self-care activity each day
- You could also download a playlist of songs to listen to when studying

When you work towards
exams you may feel stressed
and worry a lot.

This is a normal reaction,
but sometimes exam stress
can make us feel very
uncomfortable and even
affect sleeping and eating.

This booklet will help you
to find things you can do to
support you with these
feelings and reactions.

SCAN QR CODES WITH YOUR PHONE
CAMERA TO OPEN THE LINK
Or click the QR box if online



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It's important to take care of yourself, the following information will support you to do just that!

Self-care is about you looking after you!

The little book of Exam Stress Self-care

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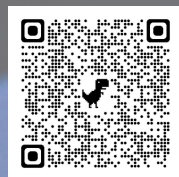
1. Connect
2. Be active
3. Keep learning
4. Help others
5. Taking notice

Lots of scientific research shows that our mind health will improve if we do these 5 things.

5 Ways to Wellbeing

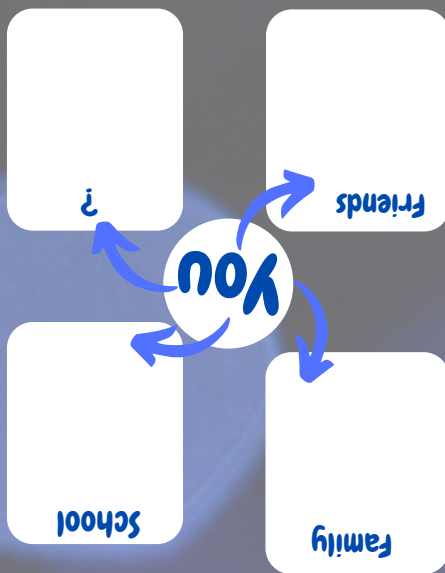
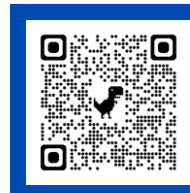


YOUNGmINDS
fighting for young people's mental health



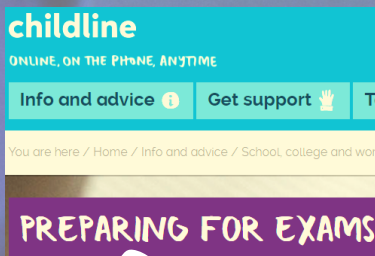
Some great information when it comes to results day and definitely worth exploring!

How to cut & fold



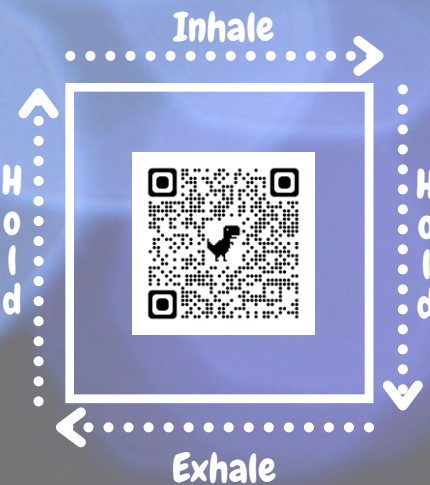
It's good to have a support network - who do you talk with when you need help?

Childline have other great resources to check out!



Smile List
Write things that are fun or make you feel better when you are doing them!

Box Breathing



If you are feeling anxious or overwhelmed this breathing exercise could be really helpful!