

Managing Exam Stress

Top Tips
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Talk to Someone

Speak to a parent, teacher or trusted adult about how you are feeling. You could also phone a helpline if you would prefer to speak to someone anonymously. They will be able to provide support and encouragement and offer a different perspective to help you find practical solutions to cope with how you are feeling.

Reach Out to Friends

If you have friends who are also taking exams, they will likely be experiencing many of the same thoughts and feelings. Talking to your friends can make you feel less alone and help ease feelings of anxiousness. Arranging revision sessions together can allow you to maintain some social interaction while also helping you to prepare for your exams.



Set Boundaries

Although talking to others in the same situation as you can sometimes be helpful, it can also be a source of more stress. Avoid surrounding yourself with people that constantly talk about the exams and how stressed they are, as this is likely to make you feel more overwhelmed.

Take Care of Yourself

Make sure you are eating properly – including healthy snacks to maintain energy levels while revising – and drink plenty of water. Exercise can help to clear your mind and relieve stress, so take some time to go for a walk, cycle or swim, or take part in a group activity such as football or netball.



Get Enough Sleep

Getting enough sleep is important in allowing your mind to rest and reset – most young people need between 8 and 10 hours of sleep a night. Don't stay up too late, and find calming activities to help you wind down before bed. Avoid stimulants such as caffeine and sugar too late in the day as, although you might feel more energised in the short-term, these can increase feelings of anxiousness and make it more difficult to get to sleep.

Stick to a Routine

Having a regular routine can help to relieve feelings of stress and anxiousness. Try to make sure that you go to bed and wake up at the same time every day, and incorporate things that you enjoy within your daily routine. This can include watching TV, playing games or socialising with friends – it doesn't all have to be about revision!

