

EXAM STRESS AND PRESSURE

There can be a lot of pressure on young people to do well in exams, which can cause a lot of stress and anxiety. It can feel like your whole future depends on what grades you get.

Here's the news: **everybody** feels this way, it's how we deal with it that counts.

First, recognise the symptoms:

FEELINGS:

- ~ tearful
- ~ angry outbursts
- ~ over sensitive
- ~ overwhelmed
- ~ unhappy
- ~ nervous

THOUGHTS:

- ~ negative thoughts:
 - 'I can't do this'
 - 'I'm useless'
 - 'I'm going to fail'
- ~ self loathing
- ~ lower self-esteem

PHYSICAL SYMPTOMS:

- ~ headaches
- ~ sickness
- ~ rapid heartbeat
- ~ numbness
- ~ insomnia
- ~ restlessness

WHAT TO DO?

Be aware of your thoughts, feelings and behaviours.

Notice what your symptoms are and take **positive** action!

Replace any negative thoughts with positive thoughts and language:



Learn to catch yourself when you start to feel anxious.

Recognise your first symptom and address it straight away.

HOW TO HELP YOURSELF

- Be kind to yourself!
- Build in exercise and rewards into your schedule
- Create a balance between working hard revising and relaxation - it can't be all one thing and none of the other!
- Have a plan when revising
- Simplify your life - create order around you
- Take a digi-break
- Have early nights
- Drink water

PRACTICAL ACTIVITIES

- ☑ Plan some fun! *but not too much!*
- ☑ If your mind is filled with worries, write them down on a piece of paper and then throw it away or give it to an adult you trust
- ☑ Have a relaxing bubble bath
- ☑ Play a game to distract yourself
- ☑ Listen to some relaxing music
- ☑ Draw a picture of how you feel
- ☑ A daily 20 minutes walk or run, which you build into your every day routine can take the edge off difficult feelings

SEEKING EXPERT HELP

Seek help if you have tried all the advice given in this leaflet and you are still suffering from stress and pressure.

Seek help from:

- ~ a parent or carer
- ~ your form tutor
- ~ any teacher you trust
- ~ Mrs Del Grande or Mrs Turner

This leaflet was produced as part of the Future in Mind initiative, in conjunction with the NHS Wakefield.

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2018

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