**Managing Exam Stress: Tips for Young People**

|  |
| --- |
| **Before Exams**  |
| * Eat healthily by having breakfast and plenty of fresh fruit and vegetables. Try to avoid junk food.
* Avoid alcohol, cigarettes or too much caffeine as this won’t help manage stress.
* Get your eight hours sleep. Wind down before bed by putting away your mobile and tablet.
* The key to lowering your stress is organisation and preparation. Going into an exam feeling confident because you’ve worked hard is going to be less stressful.
* Manage your time. Make a realistic timetable. Stick to it. Everyone approaches revision in different ways so make sure you’ve chosen the method that works best for you.
* Plan breaks and treats into your revision schedule in order to reward yourself. This includes exercise breaks.
* Plan your social media breaks so that your phone is not interrupting your revision.
* Learn to recognise when you are becoming stressed. A break or a chat with someone who knows the pressure you’re under will get things into perspective.
* Remember to focus on yourself not your friends, so avoid comparing your revision with that of your classmates.
* Surround yourself with a group of people who will motivate you, and who you can talk to about your exam stress constructively.
 |

|  |
| --- |
| **During Exams**  |
| * If you feel yourself panicking during the exam, sit back for a moment and control your breathing.
* Talk to the invigilator in the room if you fear you might have a panic attack.
* Read the questions thoroughly and plan your answers to help you feel in control.
 |

|  |
| --- |
| **After Exams**  |
| * Remember to keep things in perspective and steer clear of any exam ‘post-mortems’. It doesn’t matter what your friends wrote as it’s too late to go back and change your answers. Put it behind you – the best thing to do is focus on the next exam.
* Remember that there is life after exams. Things might seem intense right now, but it won’t last forever.
* There will be a point when the exam is over, so working hard for a short time will pay off when you get your results and feel that achievement.
 |