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

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| **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. |

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| **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. |

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| **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. |