

STRESS MANAGEMENT DURING EXAMS

HERE ARE SOME TIPS BEFORE EXAMS:

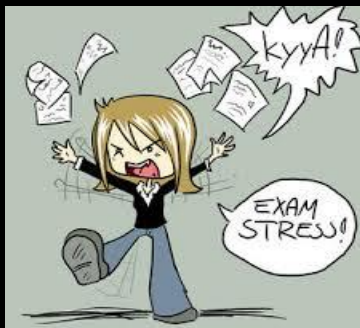
- **Have a revision timetable** start planning well before exams begin. Have realistic.
- **Make your books and notes user-friendly** use headings, highlighting and revision cards.
- **Everyone revises differently** find out what suits you the best alone or with a friend or parent early morning or late at night; short, sharp bursts or longer sessions;
- **Ask for help** from your teacher, parent or a friend if there are things you don't understand.
- **Prioritize** write down everything you need to do, you need to take into account which topics are the most important which you already know best, and which you have enough information on.
- **Get plenty of sleep** body needs time to process all information so that it is ready for the day ahead.
- **Eat Healthy** avoid processed and fast food. Try eating foods high in omega 3 as this is great brain food such as green leafy vegetables and Grains.
- **Avoid Caffeine** (e.g. coffee, tea) and high sugared snacks, as these give you a short lift. They can make you feel sick and can interfere with your sleep and your ability to concentrate.

ON THE DAY OF THE EXAM:

- **Have a good breakfast** as you need fuel to concentrate!
- **Make sure you know when the exam is being held and what time it starts** give yourself plenty of time to get there.
- **Take all the equipment** including extra pens and pencils. Also take a bottle of water.
- **Avoid people who are stressing** out, find a quiet corner and read over your notes.
- **If you feel really anxious**, breathe slowly and deeply while waiting for the exam to start.

PACE YOURSELF :

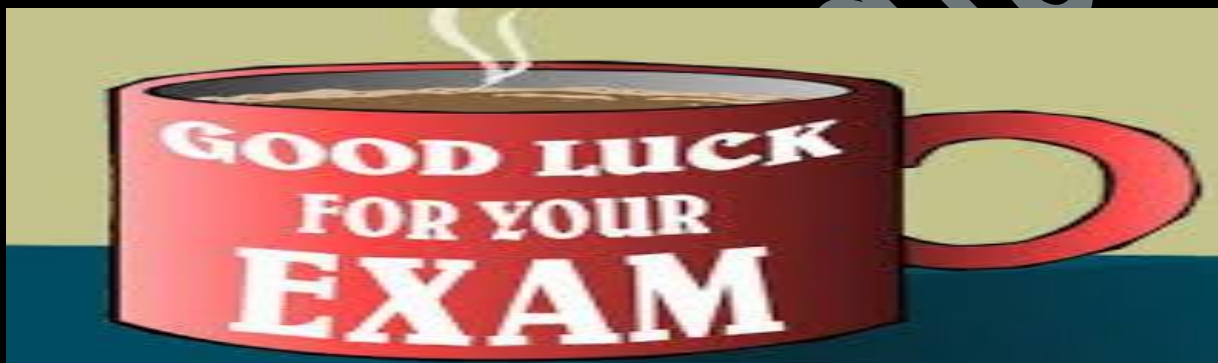
- **Read the instructions** before starting the exam.
- **Ask the teacher** or exam supervisor if anything is unclear.
- **Read through** all the questions before starting writing, and make sure you are clear how many questions you are required to answer. Read front and back of the exam sheet!!
- If **there is a choice**, start by answering the question you feel you can answer best.
- If you are **stuck on a question**, go on to the next. Never leave a blank page if at all possible!
- Leave time to **read through** and check your answers before the exam finishes.
- **After the exam** Don't go through the answers with your friends it will make you more confused.



WHAT TO DO IF YOU FEEL STRESSED?

A little anxiety is not a bad thing if it acts as a motivation to prepare properly and to tackle the task with a determined approach. However if you feel like it is getting overwhelming or you are starting to panic here are a few tips.

- **Talk about your problems** Don't Bottle them up! Discussing your problems can be a great relief and can often provide solutions by talking to a family and friends can help you to express and deal with those feelings.
- Talking about your problems is a sign of strength – not Weakness!!
- **Breathing techniques** Stress can make you start breathing with quick, Breathe out slowly and try to get the last of the breath out on about five seconds. Carry on doing this until you are doing it naturally.
- **Exercise** Regular exercise is an excellent way of coping with stress. As little as 10 or 20 min.



PARENTS TIP:

- Make **home life** as calm and pleasant as possible.
- **Try to be at home** as much as possible so that you can share a break and a chat together.
- Make sure there are **healthy snacks** and try to provide good, nutritious food at regular intervals.
- Encourage your child to **join family meals**, even if it's a busy revision day.
- Try **not to make too many demands** on your child during exam time. Arguments are counter-productive and will only add unnecessary stress and distract from revision.
- It's important to get a **good sleep** before an exam, so discourage your child from staying up late.
- Make sure he or she eats a **good breakfast** on the morning of the exam.
- **Reassure** your child that no matter what results they receive, that there are options to choose.
- Give them as much **encouragement** and support during these times.

The views expressed in this newsletter are suggestions and opinions and are not binding.

