

Exam Stress Tips to cope



Exam Stress

- **Stress is helpful!**
- Make friends with stress. **Stress** is a natural human response to life but having too much of it can cause problems.. Exam nerves are necessary for most people. Do fear the exam a little, as this tells you that it matters to you, but get to know what frightens you, take control and learn how to calm down a little.

Manage your study workload

Teaching staff have already prepared you for these exams

You have your study timetable and have prioritised your workload

Now you just need to keep healthy!



Keep yourself healthy

- Make sure you have a healthy diet and drink enough fluids
- Take breaks – eat something healthy, take some exercise, get some fresh air. Relax!
- Get enough sleep, don't stay up late. If you are tired you will be cranky, tired and forgetful.



Too Much Stress

- Can Block thoughts
 - Create a negative frame of mind
 - Lead to panic
 - Poor exam performance
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- Being positive helps us cope with stressful situations



During exams

Be prepared

- Get a good nights sleep
- Have a good breakfast
- Drink plenty of fluids and bring a drink with you.
- Relax into your seat, take a deep breath in and a longer breath out
- As you read through the paper if you start to feel panicky concentrate on deep breathing.
- Stay focused and positive



Anxiety management techniques

- STOP negative thoughts
- Distract yourself from being negative
- Carry something that will calm you



This test doesn't understand me.

After the Exam

- Relax
- Review how it went practically.
- Dwelling on an exam after it is over is just a waste of energy, now concentrate on your next one.
- Most important – reward yourself!
- Remember you have the summer to look forward to when all the exams are over.

