



For Young People

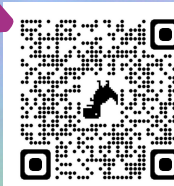
# The little book of Exam stress Help



Exam Essentials  
Visit BBC Bitesize for advice and tips on handling exam day



for more ideas



Exams are time limited: there is an end in sight!

Employers look at your personal skills and attributes – not just your grades

Your unique skills and qualities cannot be measured by exam results

Exams are important, but they are not the only measure of success

Keep it in Perspective

**Priorities**  
Make a list of the tasks you need to do to prepare for your exams?


## Revision Tips



Be realistic about what you can achieve in a day

Try not to compare yourself with others

Find the best way to study that works for you

Take regular breaks during study to give your brain a rest

Try to eat, sleep well and drink lots of water to stay hydrated

Create a daily planner to manage study and self-care

## Time

## Daily Planner -Activity



☺ Write using a pencil – erase and use again  
☺ You could use a notebook to create variations  
☺ Remember to add a self-care activity each day  
You could also download a playlist of songs to listen to when studying

When you work towards exams you may feel stressed and worry a lot.

This is a normal reaction, but sometimes exam stress can make us feel very uncomfortable and even affect sleeping and eating.

This booklet will help you to find things you can do to support you with these feelings and reactions.

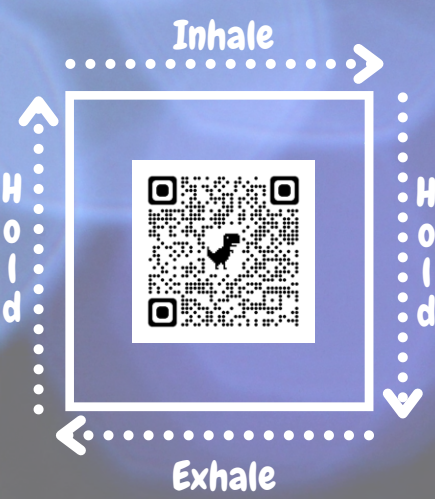
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Or click the QR box if online



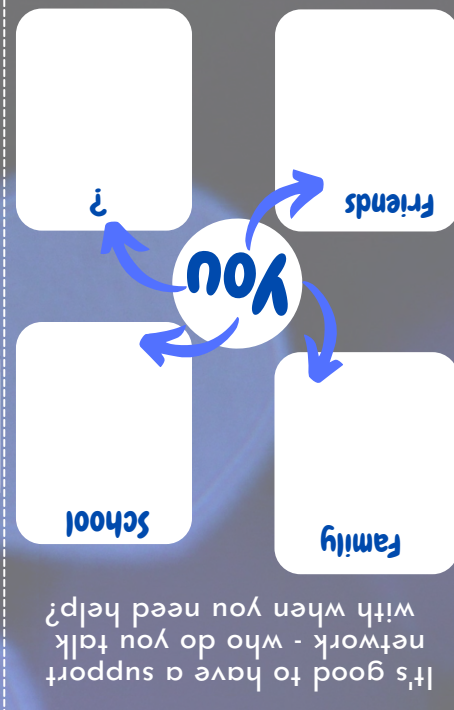


**Smile List**  
Write things that are fun or make you feel better when you are doing them!

# Box Breathing



If you are feeling anxious or overwhelmed this breathing exercise could be really helpful!



Childline have other great resources to check out!

**childline**  
ONLINE, ON THE PHONE, ANYTIME

Info and advice Get support To

You are here / Home / Info and advice / School, college and work

**PREPARING FOR EXAMS**

**5 Ways to Wellbeing**

1. Connect
2. Be active
3. Keep learning
4. Help others
5. Taking notice

Lots of scientific research shows that our mind health will improve if we do these 5 things.

**Youth Wellness Web**

**CYPSP**

**YOUNG MiNDS**  
fighting for young people's mental health

Some great information when it comes to results day and definitely worth exploring!

**How to cut & fold**

**Self-care is about you looking after you!**

It's important to take care of yourself, the following information will support you to do just that!

# The little book of Exam Stress Self-care

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