

HOW TO DEAL WITH EXAM STRESS

NHS

Dorset HealthCare
University
NHS Foundation Trust

@DORSETMHST

WHAT IS STRESS?

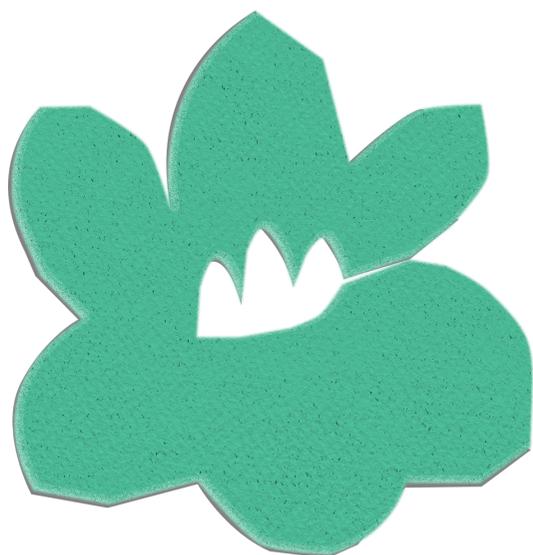
stress is the feeling of being overwhelmed or unable to cope with emotional pressure



stress is a hormonal response of your body to certain stressors and leads to inflammation: it shows up physically and mentally



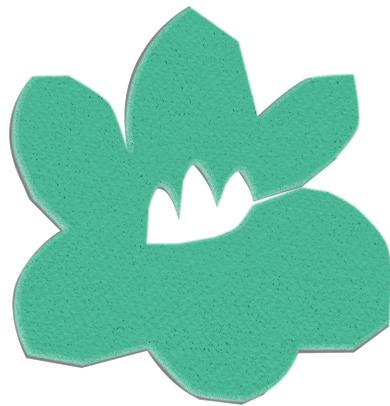
stress can lead to headaches, dizziness, exhaustion, trouble sleeping, anxiety and more



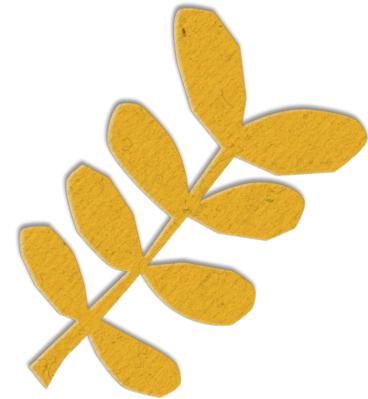
(SOME) SIGNS OF STRESS



**TROUBLE
CONCENTRATING**



**CHANGES IN SLEEP
PATTERN**



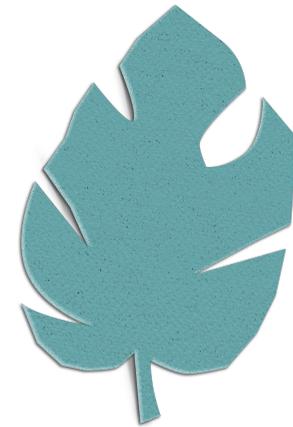
**FEELING
DISORGANISED**



HEADACHES



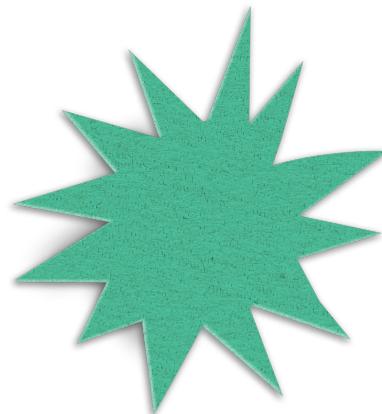
LOSS OF ENERGY



MOOD CHANGES



STOMACH ACHE



IRRITABILITY



**FREQUENT
FRUSTRATION**

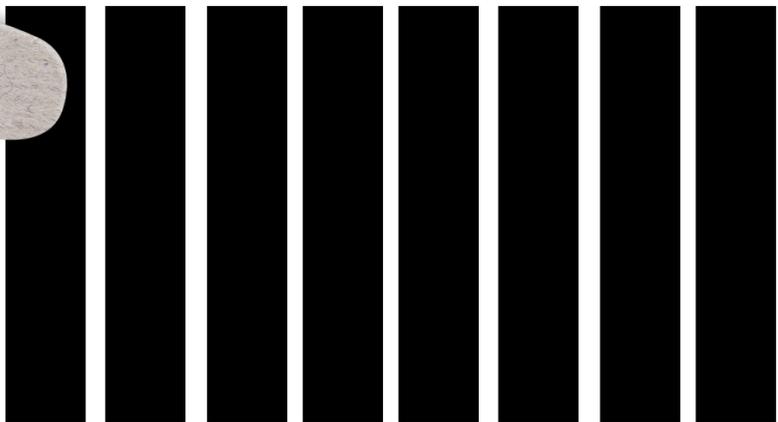
WAYS TO REDUCE STRESS

- ★ listen to calming, quiet music
- ★ keep a thought journal next to you where you can jot down distracting/stressful thoughts
- ★ practice gratitude and mindfulness
- ★ make time for doing things you enjoy

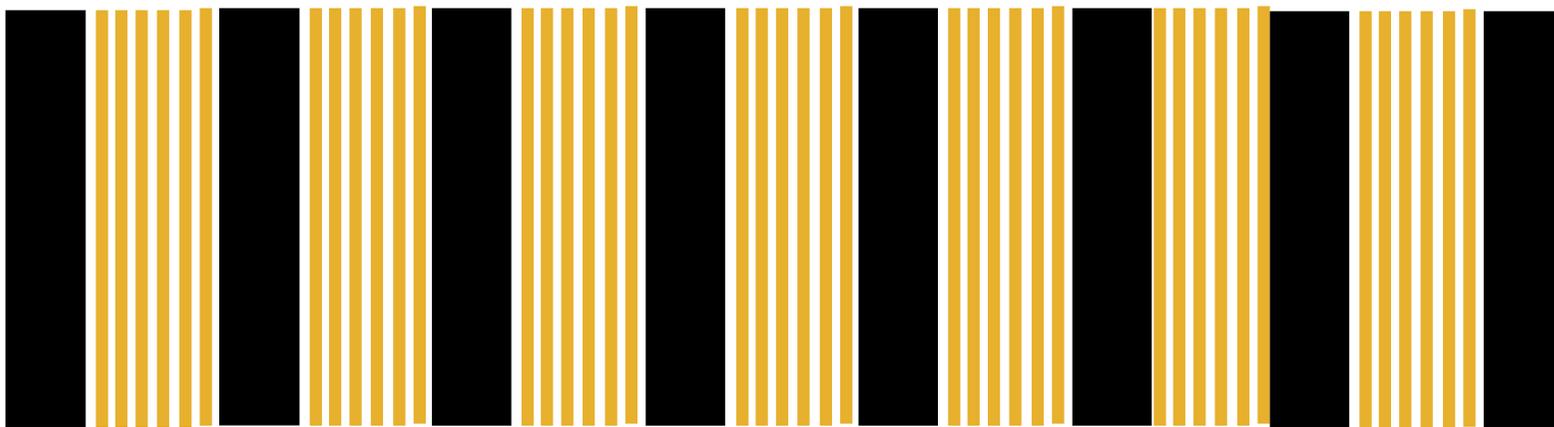
WAYS TO REDUCE STRESS

- ✱ get some sunlight and fresh air every day to increase serotonin levels
- ✱ try meditation or deep breathing exercises
- ✱ move your body every 20-45 minutes
- ✱ take regular breaks during study sessions
- ✱ get a good night's sleep

**YOU DON'T HAVE TO
DO IT ALL RIGHT NOW**



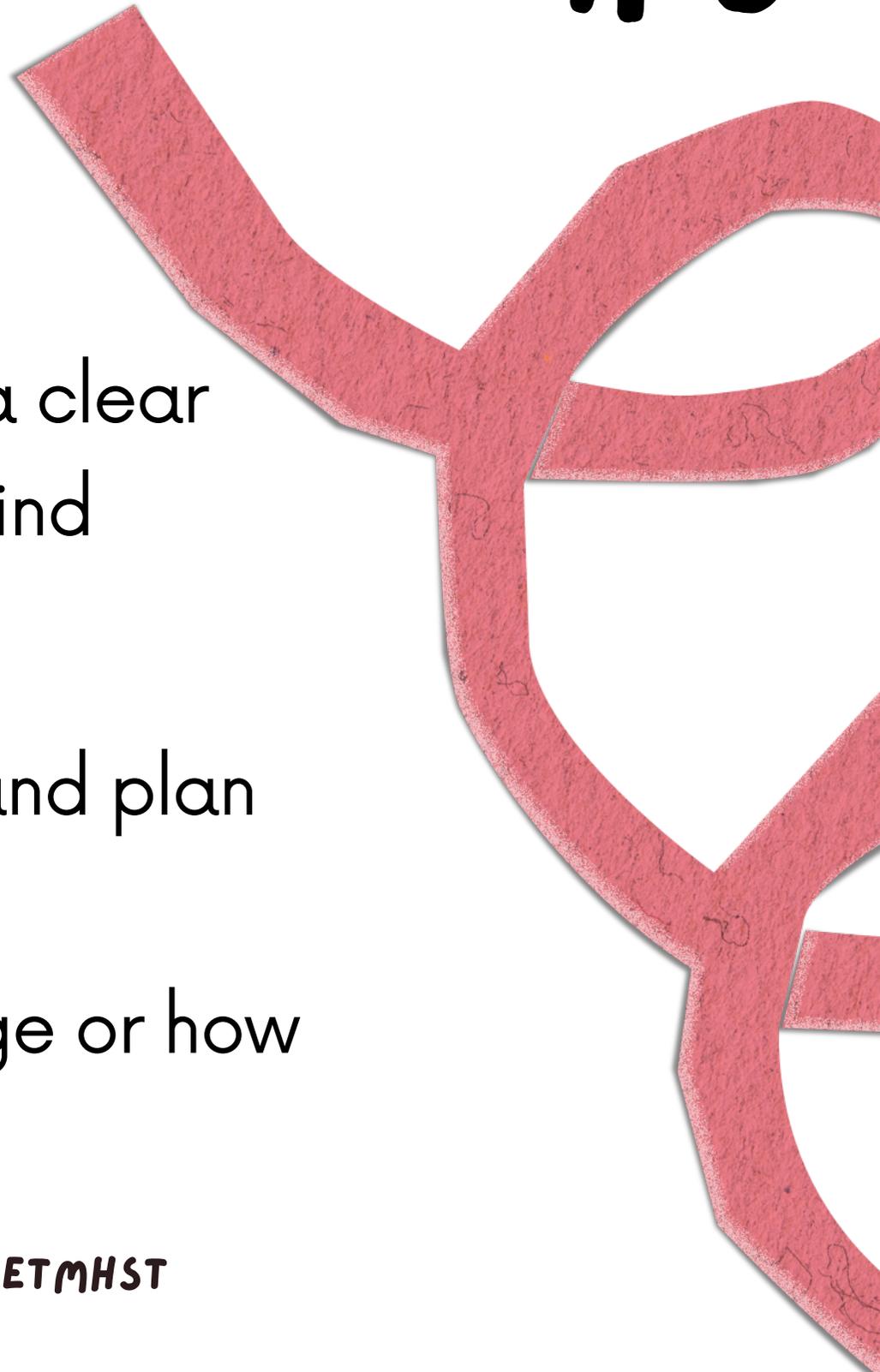
**YOU CAN SLOW DOWN
& TAKE YOUR TIME**



ORGANISATIONAL TIPS



- ✱ keep your room clean, a clear space equals a clear mind
- ✱ try to avoid multitasking
- ✱ create a study routine and plan ahead for your exams
- ✱ reduce your phone usage or how you use your phone





PRACTICAL TIPS

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- ✱ make a revision timetable
 - ✱ plan your time
 - ✱ make mind maps or revision cards
 - ✱ use BBC Bitesize or other useful websites or apps
 - ✱ connect with your support networks: teachers, friends, family, revision clubs – they are there to help you
 - ✱ break large, complex tasks into bite-sized pieces and then just do one small part of the task to get started
- 



THERE & THEN HACK

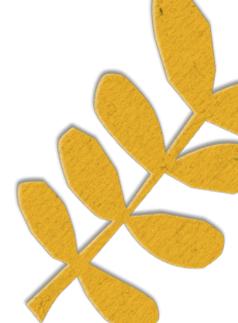
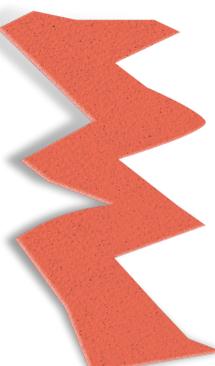
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after a study session, list the tasks that still need to be completed

tackle at least one of these tasks straight away, rather than letting them build up

this could be the hardest or easiest task, depending on your focus level

- ✓ this prevents the list from piling up
 - ✓ you will also feel proud of yourself for pushing yourself and completing an extra task
- 
- 



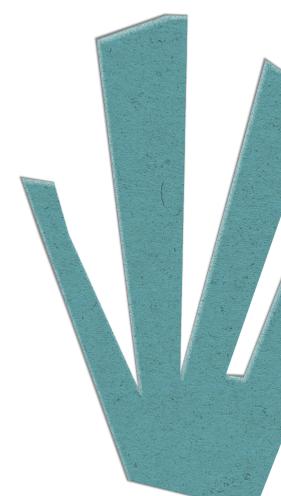
if you are worried
talk to your
teachers, they are
there to help you

pay attention in class

plan your time
effectively

make sure you
are prepared

don't
overthink
the exams,
just try
your best



COPING WITH EXAM STRESS

TOP TIPS FROM YOUNG PEOPLE



teachers will tell
you countdowns
to the exams but
don't let this
overwhelm you
because you can
try your best

find time to
check in with
your friends and
talk to people
you trust

don't worry about
your mock results as
there is time to learn
from these and
revise more

find time to
still do things
you enjoy



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IT WILL BE OK



you're allowed to step back and take a break



remember it's always okay to ask for help



you can get through this



you are more capable than you know



take things one step at a time

SUPPORT

Childline

Open 24/7

Call Childline on 0800 1111 and you'll get through to a counsellor who will listen and support you with anything you'd like to talk about. Childline also have an online chat function on their website where you can speak to a trained counsellor from 9am-midnight.

Connection

Open 24/7

Connection is a 24/7 telephone helpline for all ages (0300 1235440) who provide direct and immediate help or signpost you to a range of other services.

Kooth

Kooth is a web based confidential support service available to young people. You can use their chat function on their website and sign up for online counselling.
www.kooth.com

Samaritans

Open 24/7

Call the Samaritans on 116 123 who are available 24/7 365 days a year and you can speak to someone who is there to listen and offer support immediately. Alternatively, writing things down can always help, you can email jo@samaritans.org.

Shout

Open 24/7

Shout is a 5 digit number you can text and a trained crisis volunteer will respond. It's available 24/7. Text Shout to 85258.

Young Minds

Open 24/7

Young Minds provides free, 24/7 support for young people across the UK Text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

