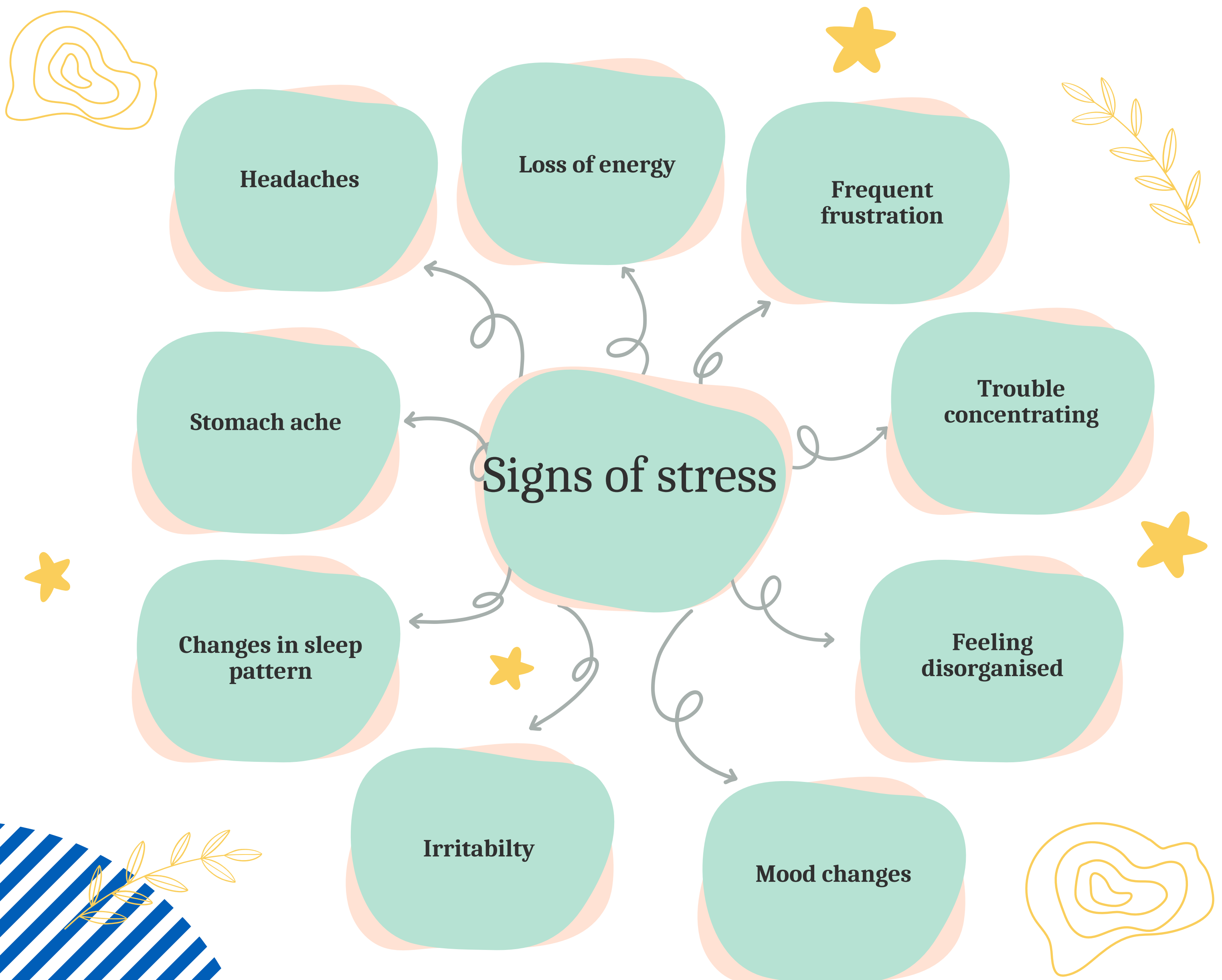


# WHAT IS EXAM STRESS?

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.



# WAYS TO REDUCE STRESS

- ✓ Make time for doing things you enjoy
- ✓ Listen to calming, quiet music
- ✓ Take regular breaks during study sessions
- ✓ Keep a thought journal next to you where you can jot down distracting/ stressful thoughts
- ✓ Move your body every 20-45 minutes
- ✓ Try meditation or deep breathing exercises
- ✓ Practice gratitude and mindfulness
- ✓ Get some sunlight and fresh air everyday to increase serotonin levels
- ✓ Get a good night's sleep



# ORGANISATIONAL TIPS

- ✓ Keep your room clean. A clear space equals a clear mind
- ✓ Try to avoid multi-tasking
- ✓ Create a study routine and plan ahead for your exams
- ✓ Reduce your phone usage or how you use your phone

# PRACTICAL TIPS

- ✓ 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



# SELF CARE

Self care: Dealing with the pressures of Year 11.

## **Set your goals and know what you want to achieve.**

This motivates, give you a focus and helps you to feel in control. Have a next step and plan B!

## **Revision.**

**Prepare** - collect your revision checklists, order subjects, identify strengths and weaknesses.

**Plan**- timetable or revision schedule, choose your strategies

**Revise**- take notes, practice papers, track your revision progress.

Manage your time, take breaks, make time for friends and social activities. Eat well, sleep 8+ hours, keep active.

## **Dealing with pressure.**

If you become overwhelmed with worry or stress, or don't know where to start, it might help to speak to your teachers/ head of year/ school nurse/ parents/carers or write down how you're feeling if that would be easier.

## **Be active.**

Even a short walk will do. Exercising is one of the quickest and most effective ways to keep your mind healthy. Fresh air will clear your head and perk you up.

Try to get about 8 hours sleep a night. Limit time spent on your phone/social media.



# SELF CARE

## Mood and food.

If you don't eat enough or eat the right foods, your blood sugar drops and you might feel tired, irritable and depressed. Eating regularly and choosing foods that release energy slowly will help to keep your sugar levels steady. Slow release energy foods include: pasta, rice, oats, wholegrain bread and cereals, fruits, nuts.

Quick tip: Eating a nutritious breakfast gets the day off to a good start. Avoid foods which make your blood sugar rise and fall rapidly such as sweets, biscuits, sugary drinks including energy drinks.

## What if things are getting too much?

**Distract yourself**- disrupt thoughts, feelings and urges - watch a film, take a cold shower, listen to music, mindfulness, visit friends.

**Speak to someone** - school staff, adult you trust or professionals.

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 capable of more than you know
- ★ Take things one step at a time

Supporting you to thrive ... your way

# PREPARATION

## Revision: Knowing your learning style!

### **Kinesthetic Learners:**

- Learn best by taking a 'hands on' approach to revision.
- Re-writing notes and making visual aids.

#### Revision tips:

- Kinesthetic learners often find that playing sport and exercising during revision stimulates their learning.
- Revise in 30-45 minute chunks/ change revision environment.

### **Visual Learners:**

- Learn best by remembering information in fun and interesting ways.
- Very creative/ artistic/ like colour.
- Like diagrams, pictures, photos and less text.

#### Revision tips:

- Use mind maps, posters, post it notes and highlighters
- Use different colours to represent different themes or topics.

### **Auditory Learners:**

- Learn best by hearing information repeatedly.
- Learn best by talking out loud.
- Videos

#### Revision tips:

- Use pneumonics/ rhyme/poems/word associations.
- Record yourself reading your notes and listen to them.
- Study with peers in study groups.

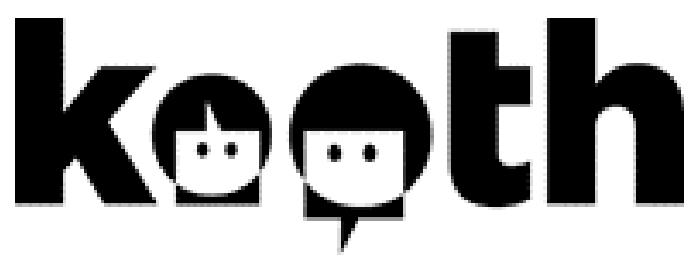
# SUPPORT



Text: SHOUT to 85258  
Free, confidential, 24/7 text support service.



Practical tips and advice from young people, as well as information on getting support.



Online mental health support, advice and counselling for 11 - 25 year olds. You can also chat with the team online or track your feelings in your own daily journal.



Online counsellor chat available 24/7. Their website also has a 'calm zone' with activities, tools and games to help express yourself and find new ways to cope.



Samaritans provide support 24 hours a day, 365 days a year to anyone in emotional distress, struggling to cope, or at risk of suicide.



Use BBC Bitesize to help with your homework, revision and learning. Find free videos, step-by-step guides, activities and quizzes by level and subject.



ChatHealth is a confidential NHS text messaging service offering advice and support to Trafford young people aged 11-16 with questions and queries about their health and wellbeing. Text the dedicated number 07312 263 056. The School Nursing team responds to texts within one working day. The service operates Monday to Friday 8:30am to 4:30pm