

Managing Exam Stress: Tips for Young People

Before Exams

- Eat healthily by having breakfast and plenty of fresh fruit and vegetables. Try to avoid junk food.
- Avoid alcohol, cigarettes or too much caffeine as this won't help manage stress.
- Get your eight hours sleep. Wind down before bed by putting away your mobile and tablet.
- The key to lowering your stress is organisation and preparation. Going into an exam feeling confident because you've worked hard is going to be less stressful.
- Manage your time. Make a realistic timetable. Stick to it. Everyone approaches revision in different ways so make sure you've chosen the method that works best for you.
- Plan breaks and treats into your revision schedule in order to reward yourself. This includes exercise breaks.
- Plan your social media breaks so that your phone is not interrupting your revision.
- Learn to recognise when you are becoming stressed. A break or a chat with someone who knows the pressure you're under will get things into perspective.
- Remember to focus on yourself not your friends, so avoid comparing your revision with that of your classmates.
- Surround yourself with a group of people who will motivate you, and who you can talk to about your exam stress constructively.

During Exams

- If you feel yourself panicking during the exam, sit back for a moment and control your breathing.
- Talk to the invigilator in the room if you fear you might have a panic attack.
- Read the questions thoroughly and plan your answers to help you feel in control.

After Exams

- Remember to keep things in perspective and steer clear of any exam 'post-mortems'. It doesn't matter what your friends wrote as it's too late to go back and change your answers. Put it behind you – the best thing to do is focus on the next exam.
- Remember that there is life after exams. Things might seem intense right now, but it won't last forever.
- There will be a point when the exam is over, so working hard for a short time will pay off when you get your results and feel that achievement.