

# HOW CAN YOU MANAGE EXAM STRESS??

**SOUTHEND CITY YOUTH COUNCIL MEMBERS HAVE SHARED THEIR TOP TIPS!**

**As you probably know, dealing with exams and school can appear to be quite stressful and overwhelming at times.**

**This affects our mental health therefore it is quite an important matter!**

**How can we help to relieve this situation though??**

**Here are some ideas:**





# HOW CAN YOU MANAGE EXAM STRESS??



- 1. Try some breathing exercises!– They are easy to practice and don't take much of your time**
- 2. Light up a candle whilst studying or randomly– A comforting scent can help you relax and focus**
- 3. Make sure your eating habits are stable and healthy– For example have 3 main courses a day with light snacks in between**
- 4. Sleep for at least 8 hours every night–This allows your mind and body to recharge**
- 5. Take regular short breaks when studying– Helps remain interest and focus**
- 6. Be grateful!!– Appreciate your surroundings and yourself for all of the work you have done to come this far and for even considering your own mental health**







## **WHILE REVISING...**

**Try different ways to revise– Change can be really good!**

**Here are some examples:**

- 1. Create a revision timetable– Very helpful to maintain a stable and organized schedule**
- 2. Try to teach about the subject you are revising to your pets, friends, stuffed animals, family or even to a wall!– This will be a fun way to remember things**
- 3. Create your own quizzes– This will help you acknowledge areas in which there is difficulty**
- 4. Use apps such as Forest, Quizlet, Gizmo, Cognito or Youtube**

## **WHEN TAKING THE ASSESSMENTS...**

- 1. Don't hesitate highlighting key information**
- 2. Smile!– This will release dopamine, this brain chemical makes us feel good and also helps relax your body.**





# HERE ARE SOME WEBSITES AND RESOURCES YOU CAN REACH FOR HELP:

**And remember... YOU ARE NOT ALONE!**



"Helping young people to recognize and recover from unhealthy relationships"

<https://www.btcsafesteps.org/>

Speak to a counselor or other young people

[childline.org.uk](http://childline.org.uk)

Call 0800 1111

**childline**

ONLINE, ON THE PHONE, ANYTIME



"We're Mind. We understand mental health and well-being. We're here for you if you're finding things hard. We help everyone understand mental health problems, so no one has to feel alone."

[mind.org.uk/young-people](http://mind.org.uk/young-people)



Against abuse, safe steps can provide you with safe accommodation, help recovering from abuse, help for individuals and help for families.

<https://www.safesteps.org/>

Southend Carers supports All Carers & works with its partners to encourage wider recognition of their invaluable contribution to society.

<https://www.southendcarers.co.uk/>

**Southend Carers**



Impacting thousands of lives and here to help you with eating disorders, anxiety, depression, self harm, stress, etc.

<https://stem4.org.uk/>



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**And remember... YOU ARE NOT ALONE!**

“Whatever you’re feeling, we’re here to help  
Get free, safe and anonymous support”.

<https://www.kooth.com/>



Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.

<https://chathealth.nhs.uk/>

**I HOPE WE HELPED YOU  
A LITTLE BIT!! THINGS  
WILL GET BETTER, JUST  
YOU WAIT...**

