

RESOURCE PACKS

Youth

# Coping with Exam Stress

A HELPING HAND DURING A  
STRESSFUL TIME



Response



WHAT ARE MY  
SIGNS OF STRESS?

Trouble concentrating/  
remembering things

Problems sleeping/  
feeling tired often

Increased  
muscle tension



Feeling irritable  
or anxious



Increased  
heart rate

By making ourselves aware of the signs of burnout and stress, we can be better prepared to prioritise our wellbeing and take the necessary steps to put that first.

- ALIX, FOUNDATION WORKER LEAD

# What strategies are there to manage my stress?

## SLEEP

It is recommended that we get around six to eight hours per night. Try not to stress yourself out more though if you struggle to sleep. Resting with our eyes closed can itself help us to recharge.

## STUDY PATTERNS

After 3-4 hours of study or work, you must get up from your study table or desk, because it will be worthwhile. Just a 5-10 minutes break from your regular doings will have you returning re-focused and a little less anxious.

- TRANSITIONAL WELLBEING PRACTITIONER

## STUDY RESOURCES

Finding study habits and resources that work for you can alleviate a lot of stress.

Remember everyone is different.

## FOOD

Certain food and drinks aggravate the stress, but it does not mean you need to exclude them from your diet completely. You can take them in moderate amounts. Food and drinks that agitates your peace of mind are:

- Tea coffee cocoa and energy drinks
- Fast food and takeaways
- Butter and Cheese
- Meat and Shellfish
- Alcohol
- Soda Cold drinks and Chocolate Drinks

- TRANSITIONAL WELLBEING

## PRACTITIONER

## EXERCISE

Get outside or get moving in the way that suits you. This can be a run, yoga or even a dog walk.

## MINDFULNESS

You can use apps like Calm and Headspace or find guided videos on YouTube.



# Exam Self-Care Bingo

TODAY I...

Had a tea/coffee  
break away from  
my desk



Went for a  
walk/cycle

Read something  
for fun and not for  
studying



Ate three main  
meals plus snacks

Spoke to another  
human not about  
exams

Drank enough  
water



Did something  
creative for fun

Prioritised my  
sleep

Reminded myself  
that exams do not  
define me



# Things to remember



*(AND TO REPEAT TO MYSELF)*

## I know that...

- I am more than an exam result
- The only opinion on my results that matters is mine
- If I am really not happy with my results I can resit
- My results are not reflective of the effort I put in, or my circumstances

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**Add your own**

# Journaling Prompts

IF YOU NEED TO GET SOME THOUGHTS DOWN ON PAPER

**I'm proud of myself for:**



**I am worried about:**

**Someone I can talk to:**



**A recent win I had:**



# Further Resources

## Websites



- **The Student Room**
- **Student Minds**
- **Student Space**

