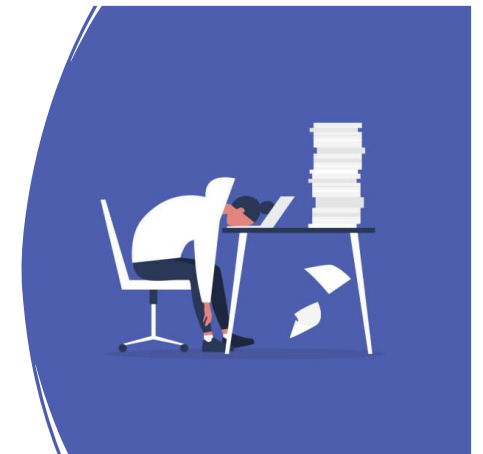


Exam Stress

- Exam period can be a stressful time.
- Stress is a normal response to situational pressures or demands, especially if they are perceived as threatening or dangerous.
- Stress is the result of brain chemicals, called hormones, surging through the body.
- A certain amount of stress is a normal part of daily life.
- Small doses of stress can be helpful and helps you to be prepared to meet deadlines, be prepared for presentations or exams, be productive.



Thoughts

Worries
Difficulty concentrating
Negative self talk
Difficulty making decisions

Behaviours

Withdrawing
Irritable/more conflict
Avoiding tasks
Interrupted/poor sleep
Eating less
Teeth grinding/nail biting

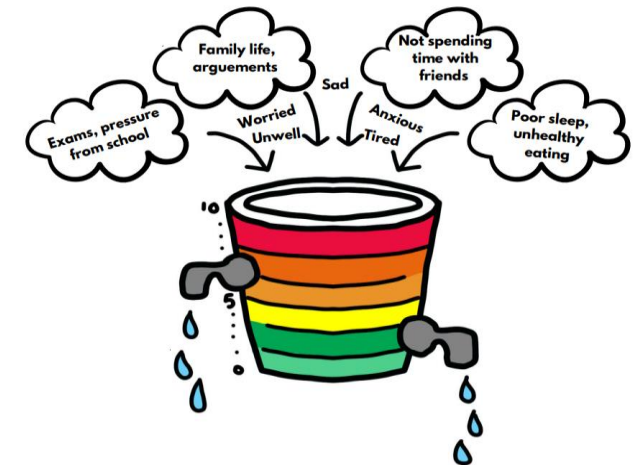
Feelings

Nervous
Moody
Unmotivated
Anxious
Angry

Physical

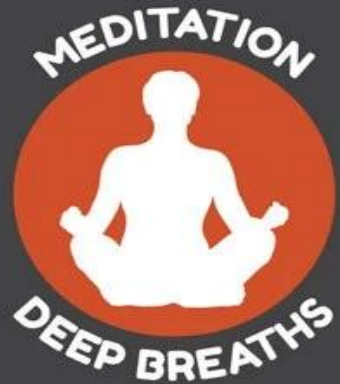
Headaches
Upset stomach
Changes in appetite
Susceptible to cold/flu
Low energy
Tense muscles

Signs of stress



Healthy balance

STRESS MANAGEMENT IN YOUR LIFE

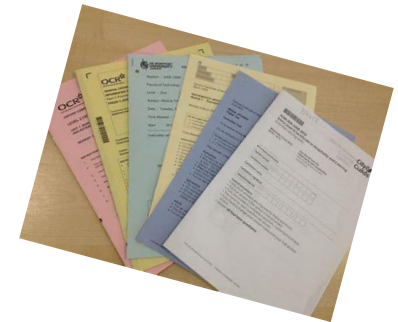
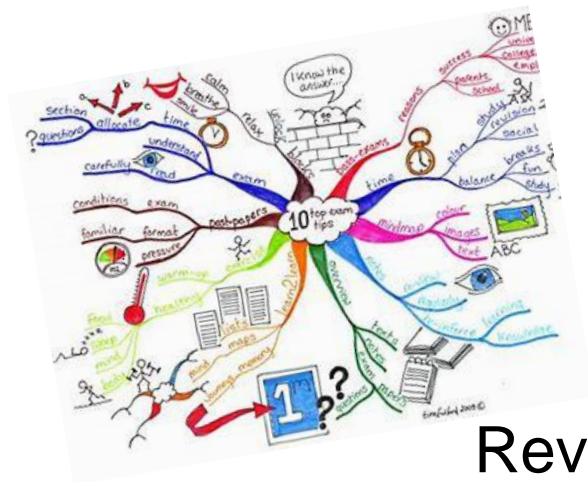


How do you turn
on your taps to
reduce stress?



Avoiding revision won't help!

Revision



Revision is a personal process. Find what and where works for you.

Practical changes

- Create a homework/revision corner..
- Think about your environment – music, TV, sounds.
- Put your phone away!!!
- Mix it up – change up what you are revising and how.
- Collaborate – get others to test you or revise with friends.
- Pace yourself – lots of small chunks are better than one big one.
- Plan in rewards.
- Don't revise to close to bedtime!





Tees, Esk and Wear Valleys
NHS Foundation Trust

YOUNGMiNDS

Worry
tree



**Websites and
apps**

