

COPING WITH EXAM STRESS



Make time for regular breaks

You need to stay fresh to absorb the information and breaks are the best way to do that.



Start early

This also gives you time to work out what type of learning suits you, so that you can plan an effective revision strategy.



Avoid comparing yourself to others

Remember these exams are about YOU. You can only do your best and comparing yourself to others helps no-one.



Get plenty of sleep

Make sure you get lots of sleep. You can't revise 24 hours a day. You'll only exhaust yourself to the point of being unable to stay awake when you really need to - during your exams.



You are what you eat

Making sure you eat a good, balanced diet and stick to regular meal times will make sure you're properly fuelled to perform to the best of your ability.

And don't forget to drink plenty of water!



Exercise

Exercise is the perfect way to de-stress and it will help to sharpen your mind too. Make sure you allow time for a little bit of exercise during your study breaks, whether it's going for a run or a walk.



Breathe

If you feel yourself starting to panic just take a deep breath, hold it for five and breathe out. This is the most effective way to calm yourself down.



Avoid the post-mortem

Everyone does it - as you leave the exam hall, you'll want to check what your friends put for that tricky question. But you can't change what you put, so really this is just torture and will only stress out.



Get some perspective

Exams are important and getting good results will give you more options when it comes to what's next. But they're not the be all and end all. And if your results aren't what you hoped for, your teachers will help you work out the next step.