

# COPING WITH EXAM STRESS



## Take regular breaks

You need to stay fresh to absorb the information.



## Exercise

This will relieve stress and sharpen your mind. And it could be as simple as going for a walk.



## Start early

This will give you time to work out what revision techniques suit you.



## Breathe

Feeling panicky? Take a deep breath, hold it for five and breathe out. You're feeling calmer, right?



## Don't compare yourself to others

These exams are about YOU. Just do your best and don't discuss your answers with friends afterwards – it helps no one.



## And remember...

Exams are important and good results make life a bit easier. But they aren't the be-all and end-all. So, just do your best and remember that your teachers are there to support you, whatever the results.



## Look after yourself

Eat well. Sleep well. Hydrate. And take plenty of breaks.