

Coping with Exam Stress

When you're facing exams, it's normal to feel stressed and worried. The pressure to do well can be overwhelming. We've put together some ideas that you can try to help to cope with exam stress and take care of your wellbeing:

1. Practical Tips for Before, During, and After Exams

Before Exams:

- **Make a Study Plan:** Break your study time into smaller parts, and don't focus on making it perfect. Just find what works for you.
- **Take Breaks:** Your brain needs rest! Short breaks are your friend, and take a nap if you need one.

During Exams:

- **Stay Calm:** If you're nervous, try some breathing exercises or grounding techniques. Remember you can take a minute.
- **Manage Time:** Divide your time between questions. When you feel stuck, it's okay to skip a question and come back later.

After Exams:

- **Be Kind to Yourself:** No matter how you did, don't be hard on yourself. Remember you've done all you can and avoid comparing your answers with your friends.
- **Relax:** Do things you like after exams to unwind and recharge.

2. Taking Care of Yourself

It's important to take care of yourself, especially when you're feeling stressed:

- **Healthy Lifestyle Choices:** Sleeping well, eating well and staying active all serve to make us feel better in our body and in our minds.
- **Do Things You Love:** Spend time on things you enjoy, like drawing, writing, or playing music.
- **Be Kind to Yourself:** Remember, it's okay to struggle, everybody does. Speak to yourself as if you would a friend.

3. Seeing the Bigger Picture

Exams are just a part of your journey, not the whole story:

- **You're More Than Grades:** There are opportunities for you to shine in regardless of your test scores. Remember that outside of a test, you are a person with talents, skills and a winning personality.
- **Think Long-Term:** Think of the things you want outside of exams. Your goals and dreams are bigger than a test score.

So, when it comes to exam stress, remember to take care of yourself, use practical tips that fit you, and know that you're worthy and full of potential no matter what a test says. You're not alone – ask for help from friends, family, or professionals if you need it.