

Top tips from Jenny, our Educational Psychologist, on how to beat exam stress!

Exams can cause us to feel under pressure and stressed, and this is a normal reaction. To a certain extent, stress can be helpful, making us more alert and performing better. However, too much and it can impact on both our mental and physical wellbeing. It can lead to difficulties sleeping and eating— both important aspects of fuelling the body in preparation for exams.



Here are some helpful videos to explain exam stress in more detail and to reassure you that lots of people feel this way about exams.

Video 1 is from BBC Radio 1 Greg James and Charlie Sloth, helping you beat the fear of exams and managing perspective.

Video 2 goes into more detail about what happens in our bodies when we feel stressed and what we can do to take care of ourselves.

Both videos explain the importance of self-care to promote positive wellbeing. Recommended strategies include:

- Mindfulness
- Relaxation and breathing techniques
- Exercise
- Connecting with others
- Speaking to someone

If you feel that exam stress is becoming too much, please speak to your Pupil Support Teacher who will be able to advise on what is available within the school to support you.

For more top tips, please click the following links:

[Mind: Information of exam stress](#)

[Young Minds: How to deal with exam stress](#)