

CARE breathing
Make 10 minutes a day of calm breathing practice (or mindfulness meditation) a daily habit to help to calm the body down. (See Calm Breathing Leaflet).

Surprisingly, some stress can actually be your friend in exam times helping to motivate you to perform better. However to stop the balance tipping from stress to distress, check out some of the tips below – see what works for you...



Bite-sized chunks
Break tasks down, set yourself mini goals and you'll feel you are making progress.

Make time for breaks
Schedule regular breaks to refresh your mind and change the focus for a while. It will pay off in the long run!

Plan ahead
Get organised with a revision schedule.

Find your inner cheerleader
Challenge and replace your self-doubts with more helpful, encouraging thoughts that both calm and support you.



Talking to us can really help
Hounslow Youth Counselling Service

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E ask@hycscounselling.co.uk
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Registered Charity 1196320 (formerly 296333)

bacp | Accredited Service
collective mark

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Exam stress tips



Pocket guide



Treat yourself

Reward yourself as you achieve mini goals and plan a post exam treat to motivate yourself!

Keep it in perspective

Are you exaggerating the importance of the problem? Stop, reflect and scale things down to size.



Exercise

Refresh & refocus the mind, perhaps take a walk, dance, practice yoga, swim, cycle, play sport with friends...

Distractions

If you can't focus, change tack for a while - play a game, sing, watch the TV, read a fun book, have a relaxing bath whatever works for you, then go back to revising later.

Mood and music

To boost your mood, energising or relaxing and calming, just build and choose your playlist.



Get help

- **Calm** – A free mindfulness and meditation app/website. www.calm.com
- **Headspace App** – Guided meditations for all levels to relieve anxiety. www.headspace.com/
- **BBC Bitesize Revision App** – for 14-16 year olds
- **Stressheads App** (The Mix) www.themix.org.uk/apps-and-tools/stressheads



Sleep

Invest in rest! Allow your mind time to unwind and relax before bed time, – a good night's sleep will really help you to focus.

Eat well

Eat regular meals, skipping meals will just drain your battery. Avoid high sugar snacks that just give you a short energy surge and opt instead for slow-burn foods.



Stay hydrated

Drink water to stay on top of your game and cut down the caffeine (tea/coffee/fizzy drinks).

Revision buddy

It can be helpful to revise with a friend so you can support and motivate each other.

But don't compare

We're all different. Try not to compare with others and avoid post exam discussions!

Ask for help

You are not alone – reach out to friends, family, teachers, helplines or a counselling service if you need practical support or a simply a friendly listening ear.



• **HYCS for free & confidential counselling support** 020 8658 1818
or visit <https://www.hycscounselling.co.uk/self-help-hub/a-z-support-directory/> under E for exams or S for Student Life for more ideas.

• **Visit your GP**

Helpline support 24/7

- **Childline** 0800 1111 (24hr)
- **Samaritans** 116 123 (24hr)
- **YoungMinds Crisis Messenger**
Text YM to 85258 24/7 support