

MANAGING YOUR MENTAL HEALTH | MAY 2024 Your safeguarding officer/mental health and wellbeing lead: MRS J Chilton | JCHilton@Boteler.org.uk

We would like to wish all our Year 11 students the best of luck as they embark on their GCSE exams.

Exams can be an exciting but also daunting time for our students and we would like to share some helpful guidance and advice around managing the pressure and worry they can bring

The Mental Health and Wellbeing of our students is always paramount and staff will always be on hand to help, guide and support them through any worries or concerns they have along the way.

We hope you find the information helpful and should you need any help, advice or support please contact school or myself directly.

Mrs Chilton

Safeguarding and Mental Health and Wellbeing Lead

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How do you tackle exam pressure and stress?

Whether you feel stressed right before your exams, or it builds up over time, here are some things you can do to ease the pressure:

- Be kind to yourself. Reflect on all the things you've already achieved, in or outside of studying. ...
- Talk about feeling under pressure. ...
- Don't compare yourself to others.

How to relax from exam stress?

• Keep a routine and take regular breaks

Practicing mindfulness helps you focus on what's happening right at this moment. Going for a walk, run, or to the gym is a great way to clear your head and can help you focus. Watching your favourite TV show or going to the cinema are also good ways to take a break from studying.

 Another way to take your mind off of a hard exam is to have some time out to do something you enjoy. Whether you indulge in some retail therapy, go for a coffee or do something sporty, it will really help to boost your mood. But remember the golden rule - no exam talk!

Revision Tips

Break it into chunks and make a timetable

Figure out what subjects you need to study and when. If you're not sure how to make a revision timetable, ask a teacher or tutor for help. <u>BBC Bitesize</u> has lots of tips to start you off.

Be real about what you can do in a day

If your revision plan feels like a mountain to climb, tweak it. Your plan should keep you feeling on top of things, not leave you burnt out. It might take some trial and error, but finding a plan that works for you is key to feeling less stressed.

Take regular breaks

Taking a break is just as important as revising. It gives your brain a break and makes it easier to focus. Young people have told us they often feel guilty for taking a break, but rest is productive. You don't have to earn rest – take it whenever you need it.

How to comfort someone who is stressed about exams?

Supporting someone through exams

- Make sure your child eats well. A balanced diet is vital for your child's health and can help them to feel well during exam periods. ...
- Help your child get enough sleep. ...
- Talk about exam nerves. ...
- Encourage physical activity during exams. ...
- Do not add to the pressure. ...
- Make time for treats.

Useful Contacts

Help around Exam stress:

https://www.youngminds.org.uk/young-person/coping-with-life/examstress/

https://www.studentminds.org.uk/examstress.html

https://www.nhs.uk/mental-health/children-and-young-adults/advice-forparents/help-your-child-beat-exam-stress/

https://www.gov.uk/government/publications/coping-with-exam-pressurea-guide-for-students/coping-with-exam-pressure-a-guide-for-students

https://www.thecalmzone.net/guides/exam-stress



Exam stress

Join the campaign to take a stand against suicide, the single biggest killer of men under 45 in the UK.

www.thecalmzone.net