

MANAGING YOUR MENTAL HEALTH | MAY 2024

YOUR SAFEGUARDING OFFICER/MENTAL HEALTH AND WELLBEING LEAD:

MRS J CHILTON | [JCHILTON@BOTELER.ORG.UK](mailto: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

[Jchilton@boteler.org.uk](mailto:jchilton@boteler.org.uk)

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/exam-stress/>

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

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

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

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

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[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