

# Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!

# STAYING MENTALLY WELL DURING EXAMS

Exams can cause us stress. Stress is the body's natural reaction to feeling threatened or under pressure. It is not dangerous but it is uncomfortable. It is important to understand how stress affects you and how you can look after yourself at stressful times, like during exams.

Here are some websites with very useful information on managing stress



[www.youngminds.org.uk](http://www.youngminds.org.uk)



[www.mind.org.uk](http://www.mind.org.uk)



[www.themix.org.uk](http://www.themix.org.uk)



[www.kooth.com](http://www.kooth.com)

Midlands Partnership University  
NHS Foundation Trust



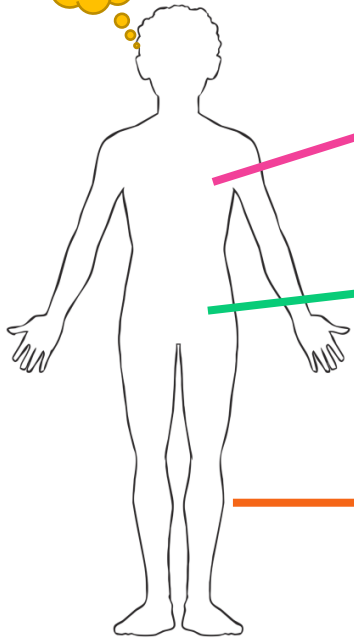
Bee U  
Emotional Health and Wellbeing



## Your Stress Response

We all respond to stressful situations in different ways. It is important to understand your stress response so that you can manage it most effectively.

What thoughts do you have?



How does your body feel?

How do you behave when you're stressed? What do you do to try to reduce the stress? Do these things work?

## How you can stay mentally well during stressful times

How I'm going to look after myself before, during and after exams

My coping strategies to manage stress symptoms

How I'm going to prepare for exams so that I can manage my stress