

Talk



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Be Heard

Exam Wellbeing Pack

Our Exam Season Prayer~

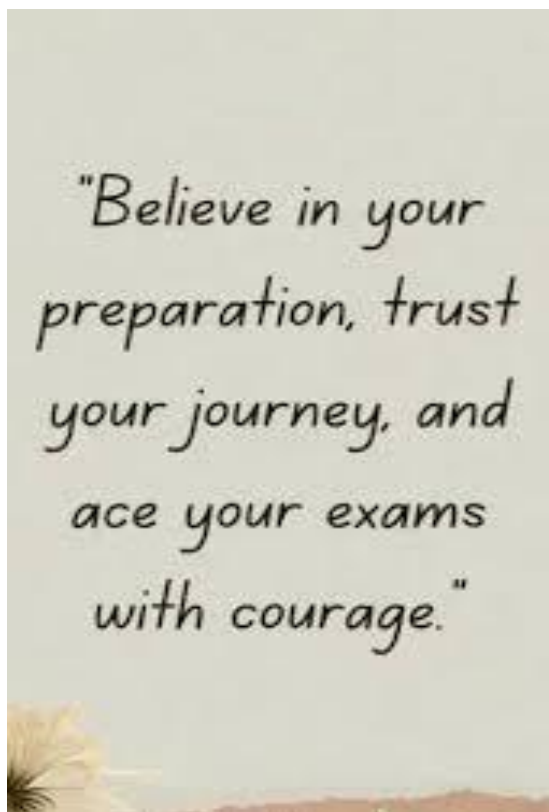
Loving God,

As we prepare for our exams, be with us in our moments of worry and pressure. Grant us calm minds, steady hearts, and the confidence to do our best.

Help us to remember the work we have done, to think clearly and act with honesty. Bless our teachers, families, and friends who support us each day.

Guide us with your wisdom and fill us with your peace.

Amen.



Wellbeing App Corner



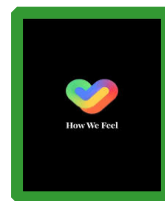
Smiling Mind



Happify



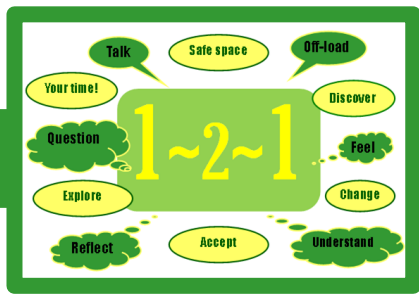
Virtual Hope Box



How We Feel

Check out more at <https://www.camhs-resources.co.uk/apps-1>





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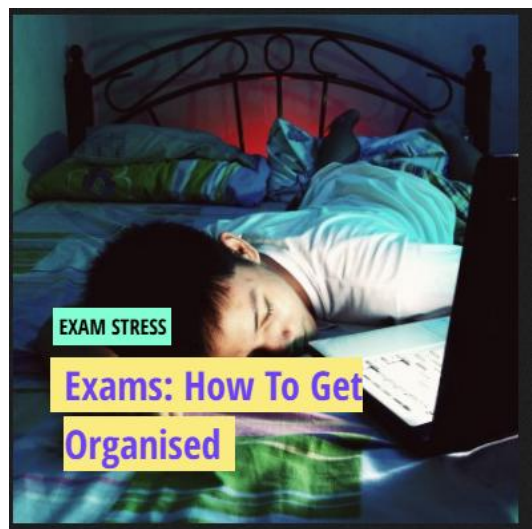
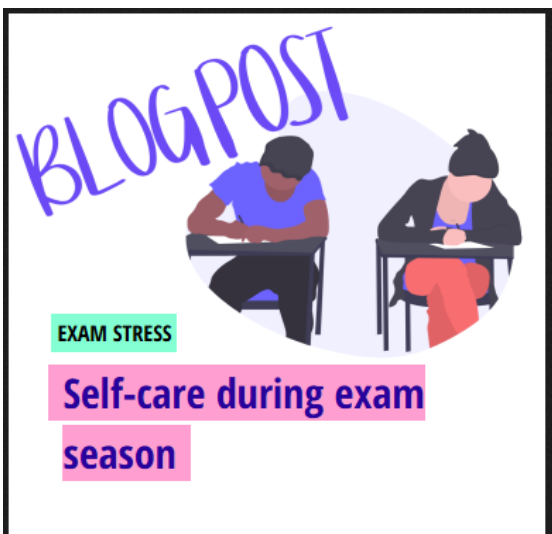
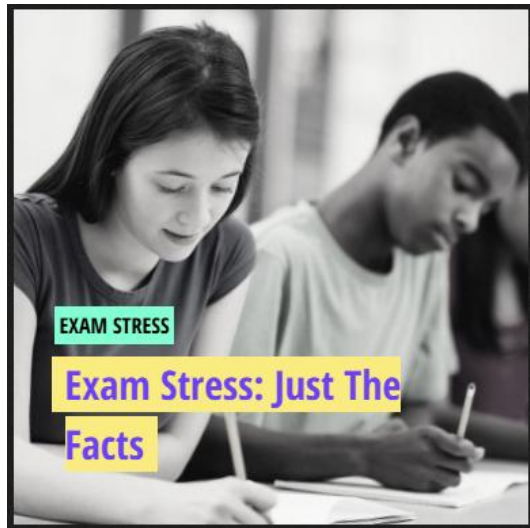
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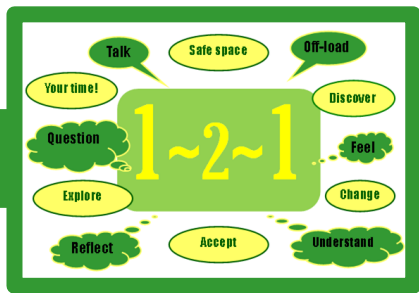


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Wellbeing Support

Click on the hyperlinked images





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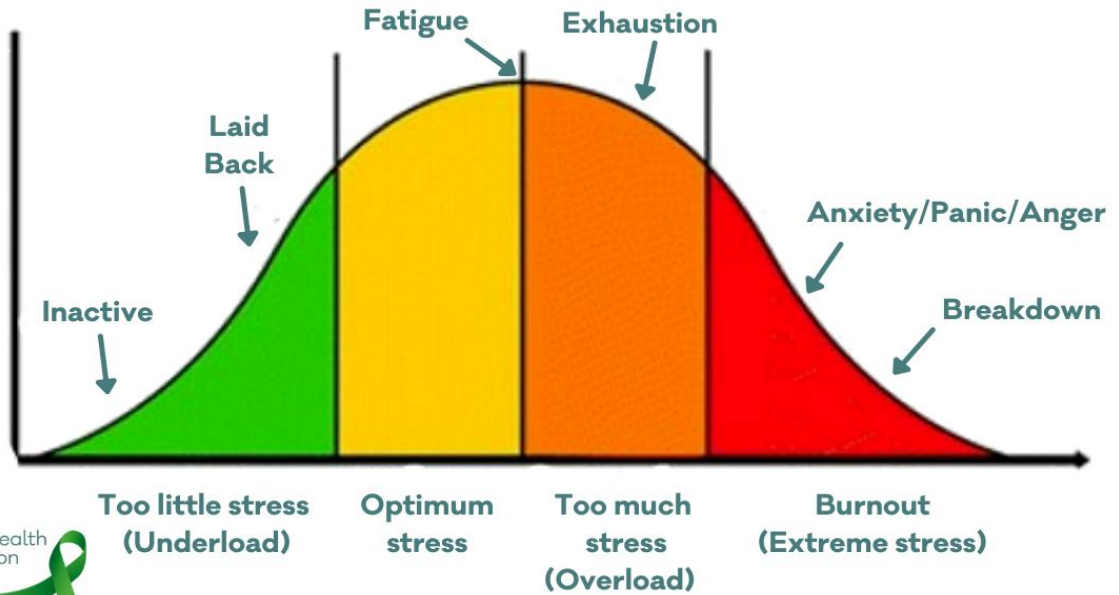


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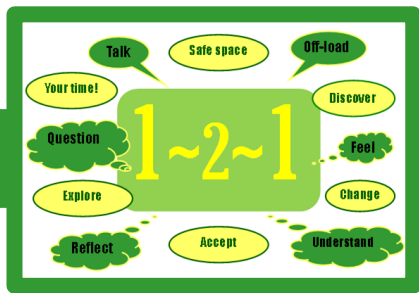
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Stress performance curve



Some stress is healthy as it helps to motivate you to study. Too much stress can lead to exhaustion and unpleasant feelings. Think about your stress bucket, what is filling it at the moment and what will you do to release the stress, to stop overflow and overwhelm? **Use the Kooth guide above to help you think of some useful stress busters.**





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Kooth's Guide to Coping with Exam Stress

Coping with Exam Stress

Exam season can be incredibly stressful for students of all ages. Here's a few tips and tricks to help you cope with exam stress. These are just a few techniques to try, what really matters is finding what works best for you.

Take a break

Scheduling regular breaks and being able to recognise when you need a break when you're feeling stressed or overwhelmed, can be really helpful.

This can be really difficult, especially when you're under pressure and may feel like a waste of time or bring up feelings of guilt.

However a change of scenery may make your time revising afterwards feel fresher and more productive.

Mapping out your studies

It may also help to try out a few ways to feel more on top of your studies. This might include:

- Writing down what you feel you know well and the areas you'd like to know better.
- Make a revision plan and mark off each module or topic area you've covered.
- Or, if you're feeling creative, you could draw a pathway towards exams and out the other side, where you can chart your progress along the way.

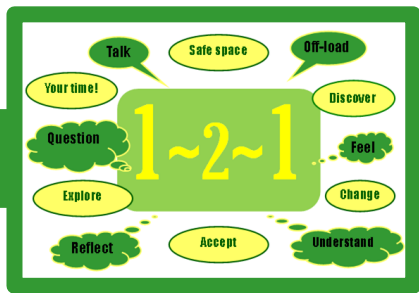
Really, anything from a spreadsheet to some rough notes can work--do what you feel most comfortable with.

Taking a moment

Taking a moment when you feel especially frazzled or anxious to calm yourself can be a useful one to master both during revision and exams.

For some, meditation, grabbing a cup of tea, deep breathing or taking a few minutes outside in nature even if only for a couple of minutes, can be beneficial.





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Coping with Exam Stress

Taking care of your needs

Drink plenty of water and try to eat regular meals. Staying hydrated really can help you feel better, both physically and mentally, as it's important you meet your brain's energy needs.

Especially during times of revision, where you're reading and straining your mind a lot, water is important to help avoid dehydration headaches. While regular meals can help you maintain a good routine.

Switching off

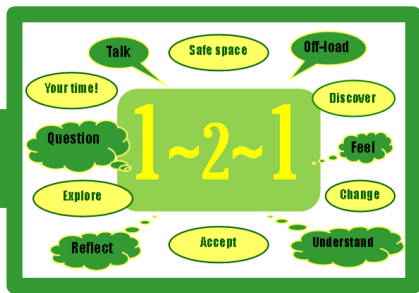
Avoid screens at least an hour before bedtime. Switching off can go a long way in helping you to fall and stay asleep which will help keep your mind fresh for your exams and can help you manage or reduce your stress level.

If possible, having an environment where to rest or relax which is different to where you study, can help you switch off.

Moving your body

Try 'shaking it out', or getting up from your desk and doing some light stretches. Moving your body is a great way to avoid stiffness and to better concentrate well for longer periods of time overall.





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Coping with Exam Stress

Talking about what's on your mind

- Talk to a friend or other trusted person about how you're feeling. Sometimes just venting it out can be such a destressor!
- Reach out to your supervisors, tutors, or student support if you're struggling. It may be that you could apply for a deadline extension for a piece of work or find some help with time management or study skills.

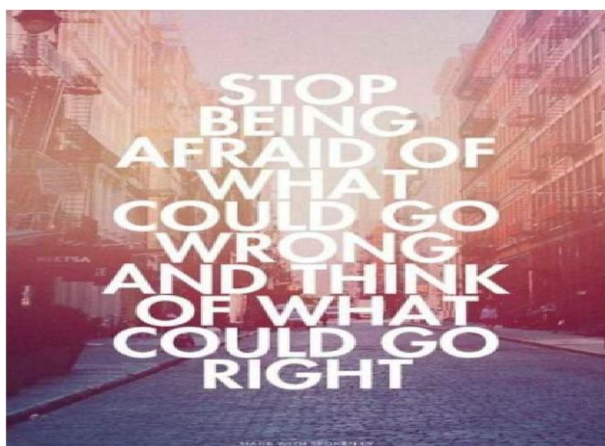
Positive affirmations

Try repeating some positive affirmations to yourself, such as "I'm doing my best," "I can do this," or "Just keep swimming!"

Journaling and music

Writing down what's on your mind in a journal or listening to some calming music- are great ways to get tensions and anxieties out of your body.

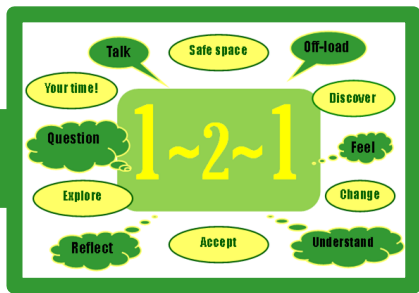
Whatever you choose to do, be kind to yourself. Give yourself some space to do the things that might help you feel calmer or help you gain a bit of perspective.



DAILY QUOTE

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do."





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Taking Charge: Sorting Your Exam Worries

As exams approach, it is entirely normal to feel a bit overwhelmed. Often, our stress stems from worrying about factors we simply cannot change. This activity is designed to help you organise your thoughts by sorting different aspects of your exams into three areas: things you can directly control, things you can influence, and things that are completely out of your hands. By focusing your energy on that inner green circle, such as your revision habits and daily wellbeing, you can reduce unnecessary anxiety and feel much more grounded. Have a go at placing the examples provided into the section of the diagram where you think they belong.

Consider the things which you can control.

Where do these examples belong in the diagram?

My revision plan

How I revise

Believing in myself

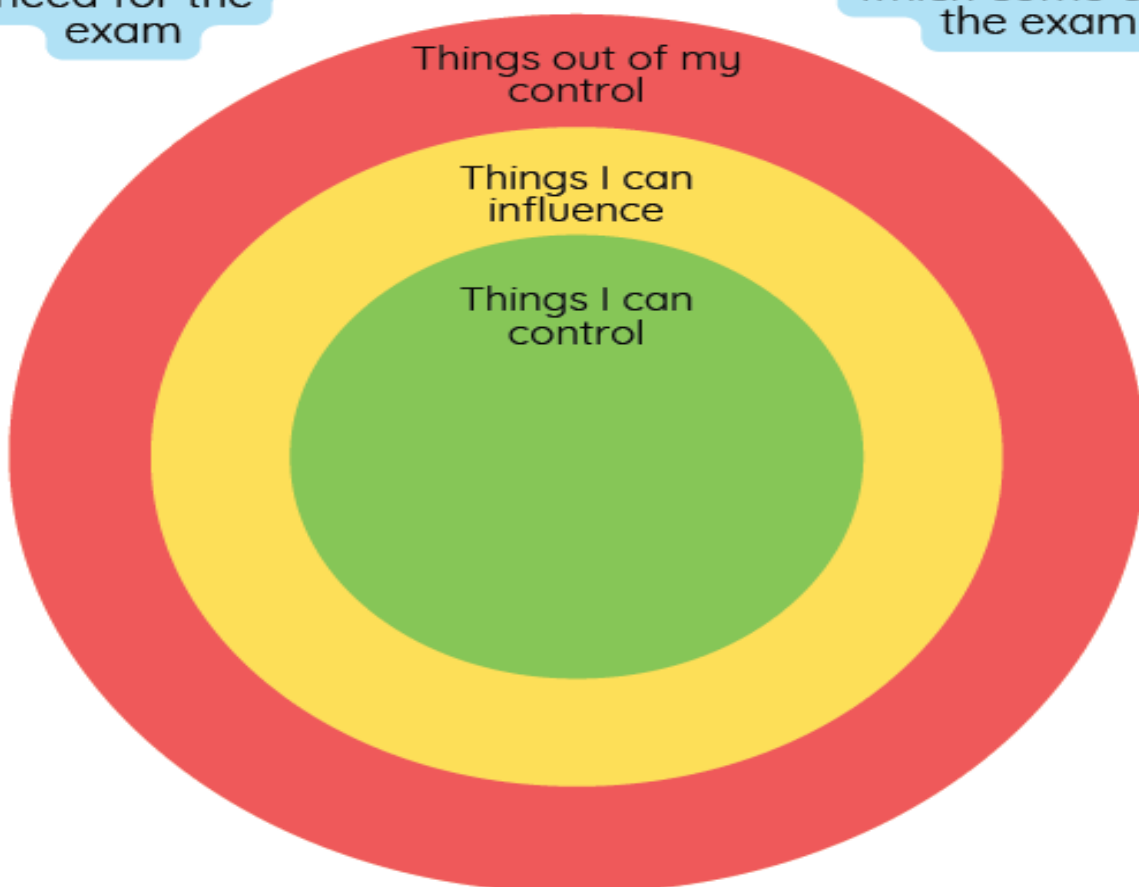
How my friends do in the exam

My nutrition and fluid intake

Structure of the exam

The equipment I need for the exam

The questions which come up in the exam



The diagram illustrates the 1-2-1 Learning Cycle. It features a central green box with the text '1-2-1' in large yellow font. Surrounding this central box are ten smaller green ovals, each containing a step of the cycle: 'Talk', 'Safe space', 'Off-load', 'Your time!', 'Question', 'Discover', 'Feel', 'Explore', 'Change', 'Reflect', 'Accept', and 'Understand'.



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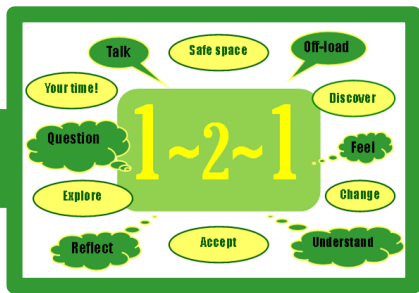


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WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY





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Mental Health Support



Need someone to talk to outside of school?



Click on the hyperlinked images

Urgent Support

SAMARITANS

Call **116 123** to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours

NHS

Urgent Mental Health Care
CAMHs
0800 953 9599

