

# Tops Tips for Managing Your Exam Stress

## 1. Get organised

Plan your revision in small chunks, take breaks and add time for doing things you enjoy.

## 2. Eat, sleep and exercise well

Make sure you get enough sleep, eat healthily and make time to do some exercise; even going for a short walk will help you refocus on your revision when you get back.

## 3. Set realistic goals

You can only revise effectively for short periods of time – plan well and set frequent breaks.

## 4. Don't be afraid to ask for help

If you're struggling, talk to someone and get support from your friends, teachers and family.



## 5. Breathe slowly

Don't panic, practice slowing your breathing down to help you compose yourself – deep breathe in and out counting to 5 each time.

## 6. Avoid comparing yourself with others

We all have different skills and are amazing in different ways. You can only do your best and that is good enough!

## 7. Keep it in perspective

Whatever happens in your exams, you can still be successful in life afterwards and there will be lots of options open to you no matter what the results.

## 8. Believe in yourself

You can do it! Just take it one step at a time.

**Remember, you can only do your best and there is life after exams!**

If you need more support you can self refer to Talking Therapies:



**[talkingtherapies.berkshirehealthcare.nhs.uk](https://talkingtherapies.berkshirehealthcare.nhs.uk)**



**or telephone 0300 365 2000**

Talking Therapies offers a free confidential service for all adults living in Berkshire. We offer help for difficulties such as stress, low mood and worry. For urgent medical or mental health care call your GP or NHS111. If you or anyone else is in immediate danger call the police or ambulance service on 999.