

EXAM STRESS

...and how to avoid it!



So how can you *help* your child?

Exams are a stressful time for any young person. Mood swings and outbursts are more likely to occur during this period. Look out for other signs that your child may be struggling, including poor sleep patterns or a change in appetite or behaviour.

It's also worth preparing ways of supporting your child during exam weeks and thinking about how you will react and respond on the day if they don't get the result that they, or you, are hoping for.



I ACCEPT
THAT PRIORITIZING
MY NEEDS ISN'T
SELFISH

@SHINETEXT

https://www.youtube.com/watch?v=6_BCnGhZiAg



Dealing with Exam Stress

Pressure to do well in exams can be overwhelming and affect your child's mental health. Here's some advice to make sure it doesn't get a bit too much for them:



<https://www.youtube.com/watch?v=QNmMH6tqiMc>



It is perfectly normal to feel a bit worried about exams

especially if they are under pressure from school or family.

Exam stress can cause them to feel anxious or depressed, and this might affect their sleeping or eating habits.

If you recognise any of these feelings in your child, or are worried that exam pressure is taking over their life, you are **not alone**, and there are things you can do to help your child :



- Encourage them to talk to you or trusted friends if they are struggling,
- Tell them to ask for help.
- Try finding an online study group, or start their own.
- Get them to be kind to themselves.



There are things out there that can really make a difference:

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that **you are and will be proud of them** no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage good bedtime routine
- Work with them to develop relaxation techniques.
- **If anxiety and stress start impacting their day-to-day life seek help from your GP.**



YOU CAN DO

anything

→ BUT ←

YOU DON'T HAVE TO DO

everything!

TM



Keep it in **perspective**

Exams help your child take the next step in their academic or professional career - but results are not the only measure of their success. Here are some things you can do to remind them that there is more to life than grades:

- Keep in mind that exam results do not define who they are.
- Remind them of their strengths.
- Get them to make a list of all the things they want from life which don't involve exams.
- Get them to try have fun!
- Never forget that their health and happiness is worth looking after.



Revision tips:

Here are some of top tips:

- If they're anxious about the amount of studying they have to do, get them to try breaking it up into **chunks** and creating a **daily timetable**, so you both know what they want to study when. This can make revision feel less overwhelming and much more manageable.
- **Be realistic** about what they can achieve in a day - an unrealistic revision plan won't help you, and will put you under unnecessary stress.
- Make sure they **take regular breaks** from studying. The brain cannot concentrate for hours at a time!
- **Not everyone studies the same way**. Some people prefer to **read**, others find it helpful to **make notes** or **draw diagrams**, while others prefer **to talk things through**. Do what works for them.
- Get them to focus on themselves and **don't compare themselves to others**. It can be really stressful when they think everyone is doing better than them, spending more time on revision than them, or just not stressing out as much as them. But **we're all different and that's ok**. Remind them, that their friends don't have their results guaranteed – life is unpredictable – and they might well be feeling just as worried as they are.



Useful links:



https://youtu.be/6_BCnGhZiAg

<https://bramcote.college/revision-skills>

<https://youngminds.org.uk/media/3683/exam-time-updated-feb-2020.pdf>

<https://youngminds.org.uk/starting-a-conversation-with-your-child/>

