

STCM
YEAR 11
Getting
Exam
Ready

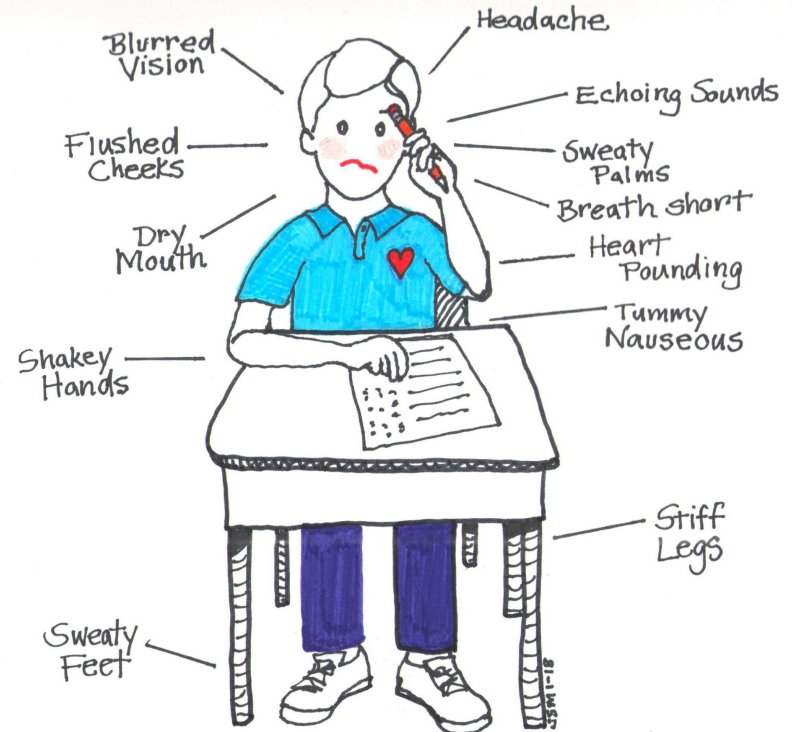


Looking After Yourself

Coping with Stress

Exams are stressful and it's normal to feel some nerves when you have an exam approaching.

- ❑ You won't be alone in feeling under pressure about exams - it's likely that your friends are finding this a stressful time too
- ❑ A small amount of stress can be good for you - it can motivate you to do better or help you focus on overcoming a difficult situation
- ❑ However too much stress can negatively impact your health. It's important to recognise the signs of stress so you can do something about them



Talk about how you're feeling as it can really help to air out your anxieties and come up with a way to deal with your stress.

- Don't revise too late into the evening
- Make sure you take adequate breaks
- Don't set unrealistic targets or you'll always disappoint yourself

The pressure to do well can be overwhelming and only add to the stress of exams. This could be pressure from your school, family, friends, or the pressure you put on yourself. You may feel it when you come to do exams, or you may feel it long before they begin.

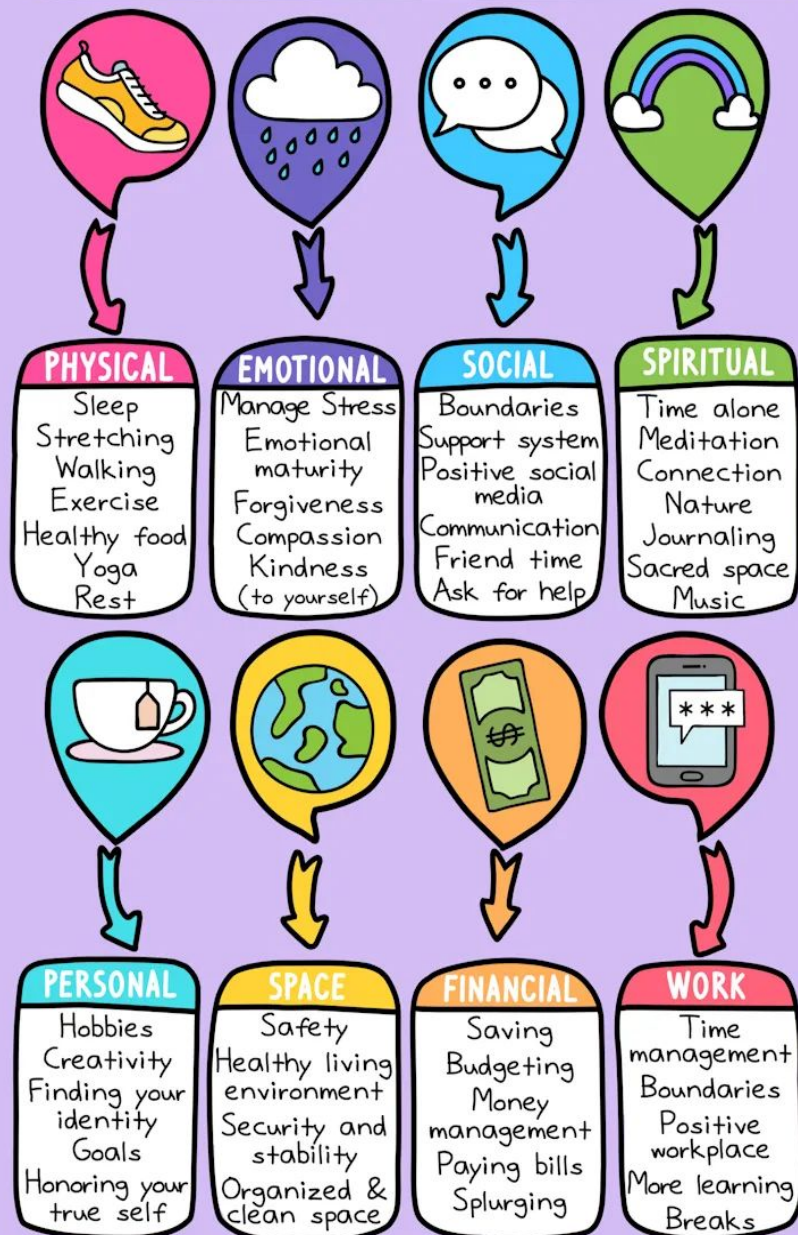
Often these pressures are unspoken. Even if the people around you aren't putting pressure on you, you might still want to do well to make them proud on results day. But remember, whatever your results, you're not letting anyone down. There are things you can do to help ease the pressure:

Be kind to yourself

It can be helpful to think about all the things you've achieved so far, in or outside of studying. Or write a list of all the things you like about yourself, and the things other people value about you too. Setting aside time for the things you enjoy and are good at can really boost your self-esteem.



TYPES OF SELF-CARE



BlessingManifesting

Self care is really important.

Self-care is all about what **you** can do to help yourself feel better or to keep yourself feeling good.

It's a way that we can look after our own mental health and wellbeing. Everyone's approach to self-care will look different.

What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you.

The main thing is to find things you enjoy. Playing football, listening to music, reading. Sometimes having a long bath can be relaxing. Whatever works for you

Self Care Action Plan

My Signs of Burnout

My Stress Relievers

People I Can Reach Out To for Support

Helpful Reminders

Have a go at
writing down
some ideas for
your own self
care plan...





Dealing with STRESS

Keep moving!
Set aside some time
for activities such
as walking, yoga,
and fun sports.



Take the time to
plan at least one
fun activity every
day. ideas:

~ watch a
movie

~ Draw or
paint



~ Read a good
book

~ play with a
pet



Talk to people -
ask for help.

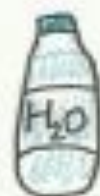
I'm
worried

Let's
talk!

Try some
aromatherapy -
candles and
incense
can be quite
calming.



- fruit
- veggies
- nuts



Don't
forget to
stay hydrated
and eat good
food like

Sleep is very
important. Aim
for 7-8 hours
a night &
Keep a schedule!



And finally, when your exams start here are some tips to try:

Get organised the night before

Get everything you need for your exam ready the night before. You could ask someone you trust to help you make sure that you have everything. Check when and what time your exam is. Make sure you have planned your journey into school.

Have a good night's sleep

Don't stay up too late doing last minute revision, and switch your phone off early.

Make sure you have a good breakfast on the day

Try relaxation techniques

Try not to cram in last-minute revision before your exam. This can be really overwhelming and make you feel like you're unprepared, but you've done everything you can. Instead, try to focus on remaining calm. Breathing exercises and grounding techniques can help you feel calmer before your exam.

Reward yourself

Give yourself something to look forward to after your exam. That could be doing something fun or taking time alone to rest. It's difficult to switch off if you have more exams to prepare for, but remember to pause and recharge first.

