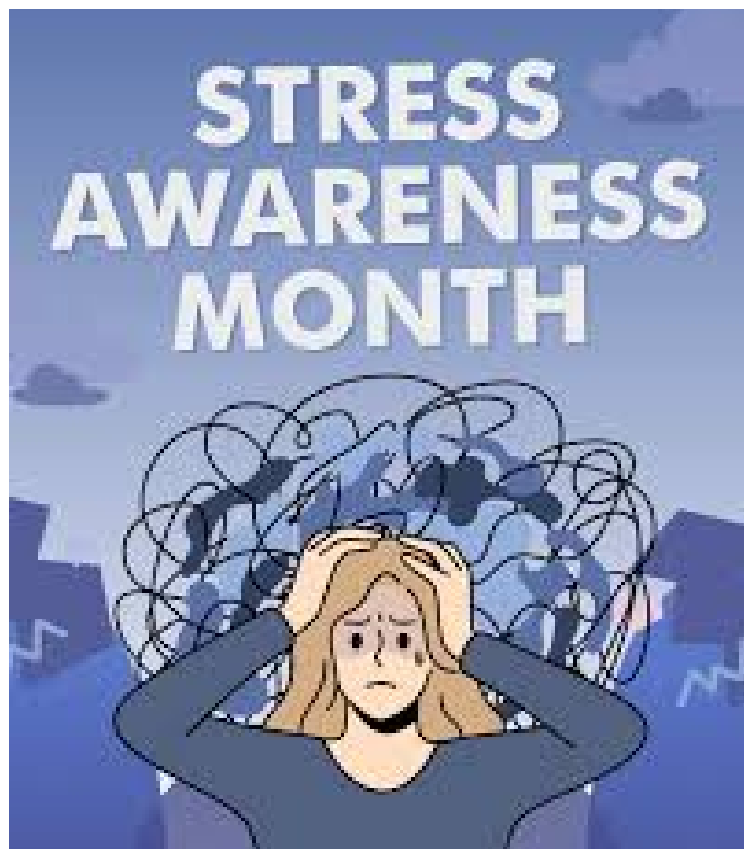


MENTAL HEALTH NEWS LETTER

EXAM STRESS



Supporting Your Child Through Exams



6 Ways to Reduce Stress

by @inner_drive | www.innerdrive.co.uk



- 1 Remove uncertainty**
How is this similar to what you have done before?
- 2 Be proactive**
What can you do to improve the situation?
- 3 Reframing**
View the task as an opportunity not a threat.
- 4 Best case scenario**
Focus on what you stand to gain, not what you stand to lose.
- 5 Get a good night's sleep**
It's the way the brain works, everything seems worse when you are really tired.
- 6 Talk to someone**
Don't struggle in silence.

Exams are an important part of education, but they can also cause significant stress for students. The pressure to perform well, meet expectations, and manage large amounts of revision can lead to anxiety, lack of sleep, and difficulty concentrating. This stress can affect both mental and physical health, making it harder to achieve the best results.

There are several effective techniques to manage exam stress. Creating a realistic revision timetable helps students stay organised and reduces last-minute panic. Taking regular breaks and getting enough sleep improves focus and memory. Practising relaxation methods, such as deep breathing or mindfulness, can help calm nerves. It is also important to talk to parents, teachers, or friends for support, as sharing worries can make them feel more manageable. By using these strategies, students can reduce stress and approach exams with greater confidence.



EXAM STRESS RESOURCES

<https://www.tes.com/teaching-resources/shop/hoppytimes>

Test Taking Strategies

Posters to help reduce anxiety, stress and worry before exams.

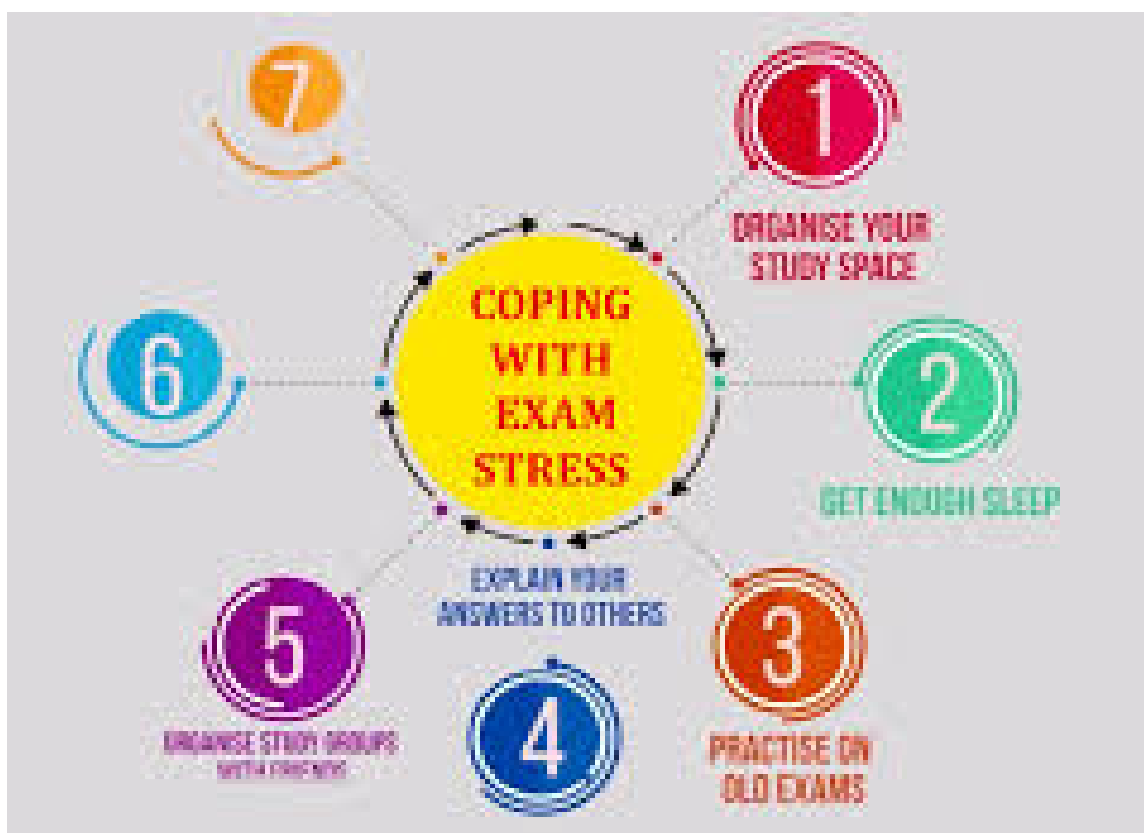
GOOD NIGHT SLEEP To be able to get a good night's sleep at least two days before the exam, you should avoid caffeine and alcohol when needed.	HEALTHY BREAKFAST A good breakfast to help concentration should include protein, dairy products, fruit and vegetables.	BUDGET YOUR TIME It is important to answer all the questions, being timing. Do what you can first. Come back to the difficult questions later.	READ DIRECTIONS Read directions or instructions carefully, follow them exactly. Ask for clarification if you aren't understanding.
HIGHLIGHT KEYWORDS The dog swaggers most of the day. All the keywords. them to help you answer.	USE SCRAP PAPER Scrap paper can be used for getting ideas, working, making notes, and working out problems.	CHECK YOUR ANSWERS Always allocate time to check your answers at the end before handing your work in. Read any questions.	SHOW WHAT YOU KNOW Keep calm! Remember, you studied hard for this. It is your time to show.



MANAGING EXAM STRESS

- Take care of yourself by staying hydrated
- Make time for things you enjoy
- Talk to family and friends about how you're feeling
- Prepare your sleep
- Take regular breaks in between revision
- Give your brain a boost by eating breakfast
- Keep someone for Q&A help
- Come and speak to a qualified teacher & Mindfulness Coach with 1000s of ideas with
- Lettonville Community & Cycling Centre
- Every Monday & Tuesday 9-10am during May

TEL: 01462 611111



Also High School

AMBITION RESPECT COMMUNITY

Here are some techniques to help with stress and external support
you can access



Free Parent and Carer webinars on Kooth - these sessions are designed to let parents and carers know how Kooth can support their children with their mental health and wellbeing. If parents or carers have any questions, they can email parentsandcarers@kooth.com. www.kooth.com – please access this website for more resources for your young person and a safe space for them to talk and access support

Chill Panda

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



HAVING THOUGHTS OF SUICIDE?
THERE IS HELP AND HOPE

HOPELINEUK

0800 068 4141

07860 039 967

pot@papyrus-uk.org



Text: 07860 039 967

HOPELINEUK – HOPELINEUK - 0800 068 4141 is a suicide prevention helpline, free and confidential space to openly talk about thoughts with trained advisors by phone, text, email or webchat.

APP- staying alive – free suicidal app to help stay safe with thoughts

SHOUT 85258 - 24/7 text service. Under 18s text **GREEN** to the number and Over 18s text **HEAL** to that number



Alsop High School
Achieving Excellence Together

AMBITION RESPECT COMMUNITY

6 simple ways to leave a bad day behind:

@mental.health.with.emma



Wash your hands or face with warm water. It's a physical reset cue that signals 'the day is done' to your nervous system.



Do one small tidy task. It gives your brain a sense of completion at the end of the day. You're not cleaning to be productive, you're creating a visual & mental 'reset.'



Eat something warm and grounding. It can be simple - soup, toast, noodles. The warmth helps our bodies settle.



Put your phone in another room for 20 minutes. This provides mental 'quiet' without committing to a full tech detox.



Lie or sit on the floor for a few minutes. It gives your body full support, reduces muscle tension, & helps shift you out of fight-or-flight.



Say aloud to yourself: 'Today was hard, and it's okay to let it end.' You don't have to believe it fully. But hearing it helps.

Feeling low?
Overwhelmed?
Anxious?

Talk to us.

GREEN to 85258

for free and confidential support 24/7

shout 85258

in partnership with
Cheshire and Merseyside

Headspace review
What people are saying

I never thought I'd be able to meditate. Not only can I meditate now, but this app has actually cured my long-suffering insomnia.



A Few minutes could change your whole day – meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. They will teach you the life-changing skills of meditation

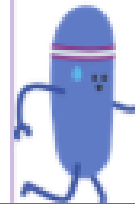
stem4

stopping teenage mental illness
supporting teenage mental health

www.stem4.org.uk

support for teenage mental health.

Has information on useful apps to support what your



Liverpool CAMHS

mental health is everyone's business

Whole School Approach to mental health

Liverpool CAMHS

mental health is everyone's business

Whole School Approach to mental health

Make a referral to CAMHS online

Children, young people, parents and professionals can make self-referrals into partnership mental health services and get support from Liverpool CAMHS.

CAMHS Crisis Line - 01512933577

Crisis Care Freephone - 08081963550

Fresh CAMHS - 01512933662

YOUNG MINDS

fighting for young people's mental health

www.youngminds.org.uk
support for young people and parents/carers for mental health, urgent help and lots of resources and support.

YMI Parents Helpline

0808 802 5544

youngminds.org.uk
Mon-Fri 9.30am-4pm

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AMBITION RESPECT COMMUNITY