



Support and Help IN Education
Fylde Coast Mental Health Support Team

Tips for Managing Exam Stress

While many people may enjoy the challenge of taking exams or completing assignments, it is very common and natural to feel daunted and overwhelmed by them.

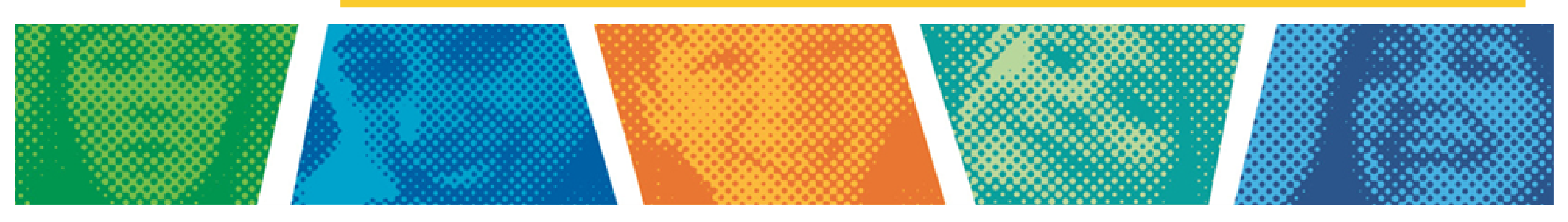
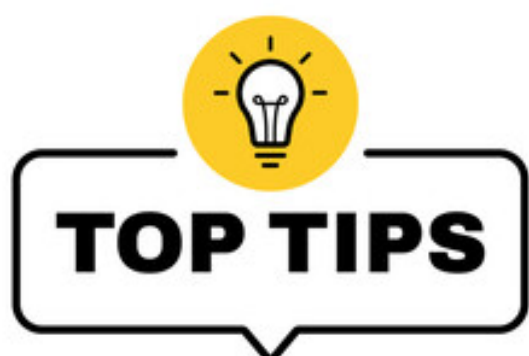
If you're worried about coping with exams you may find yourself feeling more stressed, anxious or irritable than usual, here is our advice and information on where you can get help.

Exams can be a stressful time for anyone.

You might notice changes in your mood, such as feeling stressed, on edge, low or hopeless, or more anxious or nervous. You might find yourself feeling more on edge and tense, or tired and exhausted. It can also be common to notice yourself overthinking or worrying more about the future. The exam period may even affect things like your sleep pattern or appetite.



- Remember that exams aren't everything! There may be a lot of pressure from those around you to do well, you may even put a lot of pressure on yourself, but it's not the end of the world if you don't manage to do as much revision as you set yourself, or you don't get the results you want. There are other ways to get to where you want to go. Not everyone takes the same path!
- Exam halls can be a daunting place, and it's normal to experience physical symptoms of anxiety, such as shortness of breath, increased heart rate, even dizziness and shaking. This isn't harmful and it will pass! Try some breathing or grounding techniques (readily available online) to help.
- Make sure you're getting a good balance in life, taking time for self-care, eating well, sleeping enough, spending time with others and engaging in enjoyable activities. If we're not getting a good balance, this can increase the likelihood of burnout or stress



Things that can help manage exam stress & worries



Take revision breaks and find a balance between studying and doing things you find enjoyable and relaxing.



Find a revision style that works for you



Make sure you're eating and drinking enough, at regular intervals.



Take some time after revising to wind down.



Try to remain positive and hopeful!



Take time to socialise and be with other people



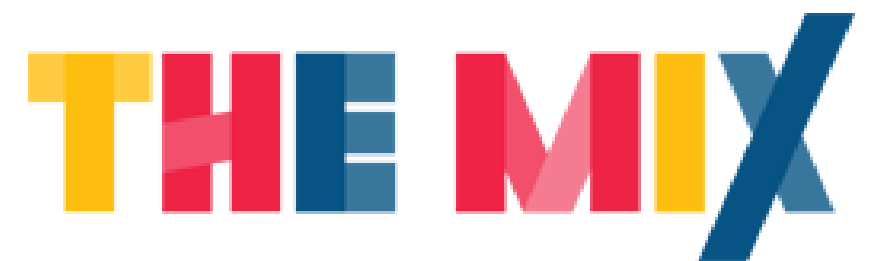
Practice self care



Get enough good quality sleep. What we learn is consolidated when we sleep, so it's actually often more beneficial to stop revising and sleep than to stay up late trying to cram more in!

Useful helplines and websites

While we take care to ensure that the organisations we signpost to provide high quality information and advice, we cannot take responsibility for any specific pieces of advice they may offer. We encourage all to always explore the website of a linked service or organisation to understand who they are and what support they offer before engaging with them.



National Careers Service

Provides information, advice and guidance to help young people make decisions about learning, training and work.

Webchat available via the website homepage.

Opening times:
8am - 10pm, 7 days a week
0800 100 900

Student Space

Provides mental health support to students.

Find what support is available at your university here.

Webchat service available.
Opening times:
4pm - 11pm, 7 days a week
students@themix.org.uk
0808 189 5260
STUDENT to 85258 (24/7)

The Mix

Offers online information as well as helpline support to under-25s about anything that's troubling them.

Email support is available via their online contact form.

Free 1-2-1 webchat service and telephone helpline available.

Opening times:
4pm - 11pm, seven days a week
0808 808 4994

Get in touch

Your college's Senior Mental Health Lead will have details of your Mental Health Practitioner.

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.

☎ 0800 121 7762 (Option 4)
✉ bfwh.shine-MHST@nhs.net

Did you know you can follow us on social media ?

🐦 📷 @shine_mhst

