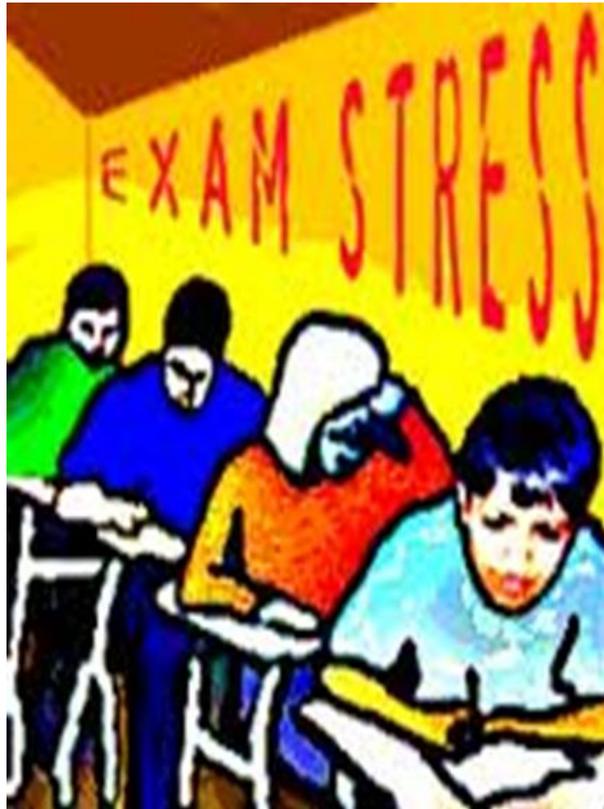




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Managing exam stress

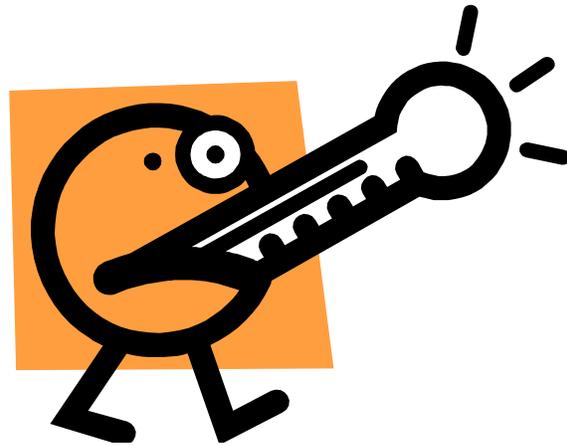
Almost everyone feels nervous/anxious before an exam. This can be a good thing as it helps us focus. A certain amount of nerves can help us perform at our best.

However, too much anxiety can affect performance.



How to spot exam stress

- Tired
- Achy
- Cry, feel sad
- Panic attacks
- Poor sleep
- Stomach upsets
- Skin rashes
- Colds and 'flu

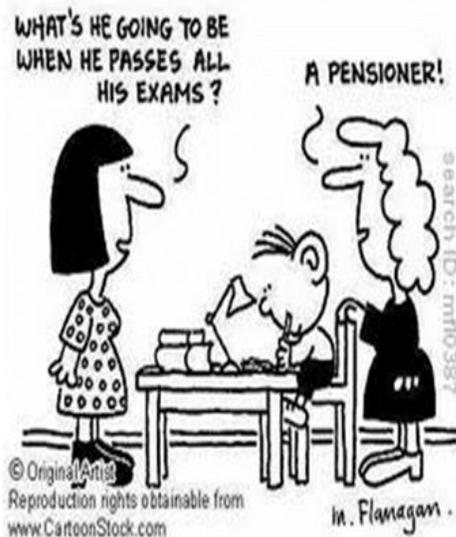


Develop a positive mindset

- Imagine passing – transform stress into positive energy 'I can do it'.
- Think about what you will do after.
- It's only an exam!
- A chance to show off what you know.
- Can be helpful.
- You will be the same person after.
- You have already passed some exams.

How to prepare

- Establish a pattern of revision that gives you time to relax. Divide study into chunks of 30-40 mins with a break in between. During your break, reward yourself.
- Divide each day into 3 units. Divide topics to be covered into units.
- Make a revision timetable.
- Set yourself measurable goals.





Healthy Body = Healthy Mind

Eating

Brain Food Tips!

Eat breakfast within an hour of waking up. Never skip breakfast.

Don't skip meals. Eat three meals a day with two healthy snacks between.

Try to drink 6-8 glasses of water every day.



Healthy Body = Healthy Mind

Exercise

Any exercise is good for your mental health - endorphins are released during exercise that make you feel happy.

Exercise helps you concentrate.

During revision breaks, take a walk.

Before and after an exam, walk and get some fresh air.



"I'm going out to get some endorphins."

Healthy Body = Healthy Mind

Sleep

Sleep is crucial to your performance. Regulate your body clock. An hour before bed:

Avoid the internet, computer games, TV.

Absolutely avoid alcohol.

Listen to calm music, read a book.

Gentle exercise, take a warm bath.

Have a warm milky drink.

Avoid caffeine, tea, coffee, coke, energy drinks.





In The Exam

When you first sit at your desk, this focus exercise can settle your nerves:

- Take a deep breath in and a long breath out. Breathe in again and straighten your back.
- Look straight ahead at an object, (the wall, the clock) and focus your mind on the positive thought **'I CAN DO THIS'** as you breathe out.
- Take another deep breath in and a long breath out and breath normally.

If you feel panicky ...

- Repeat the focus exercise.
- Put your pen down and move your chair away from your desk for a minute.
- Shake your fingers and gently massage your hands
- **Stop** negative thoughts. Mentally shout 'Stop' or picture a Stop sign, traffic lights.
- Self-Talk. Replace negative messages with positive, encouraging thoughts- 'Relax', 'Concentrate', 'It's going to be OK'.
- Use a mantra. Say something such as 'calm' or 'relax' under your breath over and over again
- Use a bridging object. Carry or wear something with positive associations with another person or place.
- Focus. Distracts from negative thoughts and keeps your mind busy; count the desks in each row.



The 'F' word

- FAILURE is a verb not a noun.
- If you fail, it does not make you a failure.
- If at first you don't succeed, try doing something differently and do it again!
- If things do not go as expected, use the opportunity to go in a new direction.
- If you never fail, you are clearly not trying hard enough.

