

General exam stress-busting tips



- **Believe in yourself** and try not to worry excessively.
- **Don't try to be perfect.** Aim to do your best but do recognise that none of us can be perfect all of the time.
- **Take steps to overcome problems.** Talk to your teachers or ask your classmates if you have a question about the exam.
- **Don't keep things bottled up.** Confiding in someone is a great way to alleviate stress and worry.
- **Keep things in perspective.** Interrupt negative thoughts with positive ones and actively challenge your irrational thoughts.
- **Start Revision as early as possible** regular revision in chunks will enable you to feel more prepared for the exam which should help to reduce exam stress
- **Try to maintain a healthy lifestyle.** Tiredness increases anxiety. Resilience is helped by:
 - exercise
 - positive thoughts
 - healthy diet
 - regular and adequate sleep
- **Know when your exams are, the date and the time,** make sure you have made a copy of your personalised exam timetable. Add this information to the family calendar. Put reminders in your phone for the evening before so you can organise everything you need.
- **Get yourself into exam mode.** Practise on past exams. Go on to the Awarding Bodies website and look for examiner reports and mark schemes from previous papers.
- **Avoid bad things.** Give coffee and other stimulants a miss. Avoid other people or things that may disturb your self-confidence, focus and level of relaxation.

