Exam Stress

If you’d like to speak with someone, Place2Be offers 15-minute drop-in sessions at Heartlands High School. These sessions, called Place2Talk, are led by our school counsellor, Ruth. They are available on Wednesday mornings, Thursdays, and Fridays. To book an appointment, email ruth.massie@heartlands.haringey.sch.uk or visit Room N5.2 to book in person.

**How can I look after myself?**

You can take certain steps to care for yourself during your exams.

Top Tips

* Be organised. Make sure you have all the information you need about each exam – date, time, place, what you need to take with you…and what subject it is! Have this available at home so the people you live with know what you are doing and when. The last thing you need is stress caused by not knowing what you are doing.
* Balance revision with rest. Don’t neglect to revise, but don’t overdo it. Rest is important. Sleep well, eat well, exercise and look after yourself – you won’t shine in the exam if you’re tired, hungry or stressed.
* Go outside. You don’t need to be sitting in front of a computer or tablet in order to revise. Wrap up warm and take your books and sit in the park: it’s good for the soul and the fresh air will help you concentrate.
* During exam periods, experiencing some stress or anxiety is normal and is not necessarily harmful. To keep it manageable, take care of yourself and practise useful techniques like relaxation, mindfulness or breathing exercises.
* Talk to people. Express any worries or fears you may have as soon as they pop into your head – you’ll be surprised at how many other people feel the same way: you’re not alone. Exams should not be upsetting, and there will be teachers and others who want to support you any way they can – you only have to ask.
* Remember that your health and well-being is the most important thing.

Take a look at the Place2Be website [here](https://www.place2be.org.uk/our-services/services-in-schools/navigating-exam-season-free-resources/) for more information on exam stress. Childline, Young Minds and Anna Freud (Revision – on my Mind) also have up to date resources on Exam Stress.