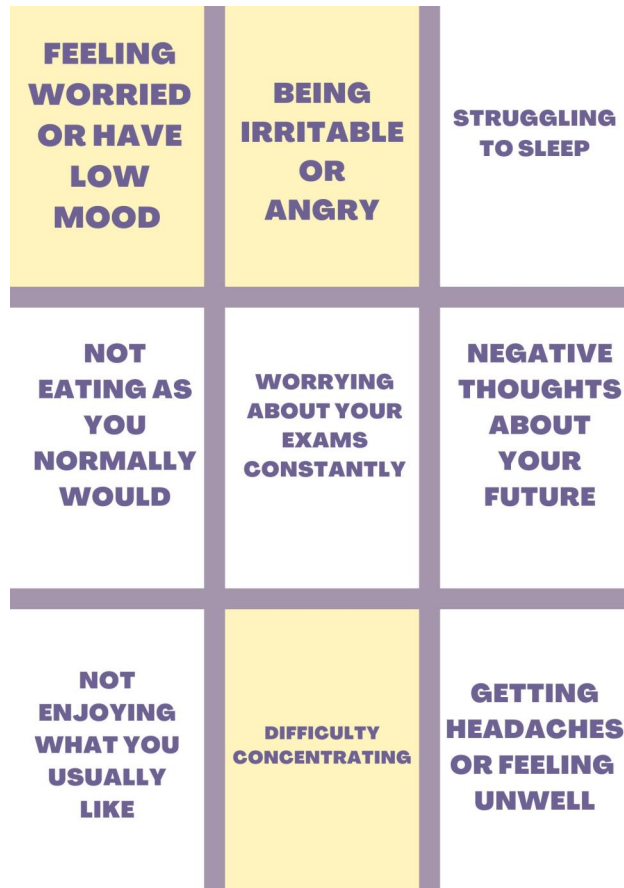


1. You may need certain grades to get into the further or higher education setting of your choice
2. You may need to achieve a certain grade for your chosen career pathway

Or, it may simply be that you want to do your best so you are cramming in as much revision as possible as this gives you a sense of control. **All of these are reasons and many more are valid for feeling the pressure.**

If you're becoming overwhelmed by exam stress, you might have some of these symptoms:

- feeling worried or have low mood
- being irritable or angry
- struggling to sleep
- not eating as you normally would
- negative thoughts about your future
- not enjoying what you usually like
- difficulty concentrating
- getting headaches or feeling unwell.



So how can you ensure you do the best you can without becoming overwhelmed?

☆ ☆ REVISION TIMETABLE WEEK OF _____

| TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|-----------|---------|---------|-----------|---------|-----------|---------|
| 9AM | | | | | | | |
| 10AM | MATH | PHYSICS | ! | CHEMISTRY | MATH | | ☹ |
| 11AM | | ⚛ | | | | CHEMISTRY | |
| 12PM | | | MATH | | BIOLOGY | | |
| 1PM | | ENGLISH | | ENGLISH | | | |
| 2PM | | | | | | HISTORY | # |
| 3PM | BIOLOGY | | | | | | |
| 4PM | | HISTORY | BIOLOGY | | PHYSICS | | MATH |
| 5PM | | | | | | | |
| 6PM | CHEMISTRY | | | | | | |
| 7PM | | | | | | | ENGLISH |
| 8PM | | | | | | | |

1. **Familiarise yourself with your exam timetable** - it is important to be clear with what is taking place and when

2. **Create your own revision timetable** - what are you going to revise, and how long you will spend on each topic? Reflect on your strengths and weaknesses. If you have a topic you really struggle with, make sure you have ones you enjoy either side on the timetable so that you don't get disheartened.
3. **Be realistic** - spending all day everyday staring at your books is not going to work. You need to take breaks and not just a 5 minute break, a real one - try to build in time with friends or family, or just go for a walk on your own. The longer you study for, the more breaks you need!
4. **Know what works best for you** - revision techniques include flashcards, studying with friends, watching online tutorials, looking at past papers, teaching someone else, creating mind maps and for some people they find it beneficial to set a timer, 20 minutes intense study, 5 minute break and then keep repeating.
5. **Self-care** - Eat properly, drink enough and get a good night's sleep!



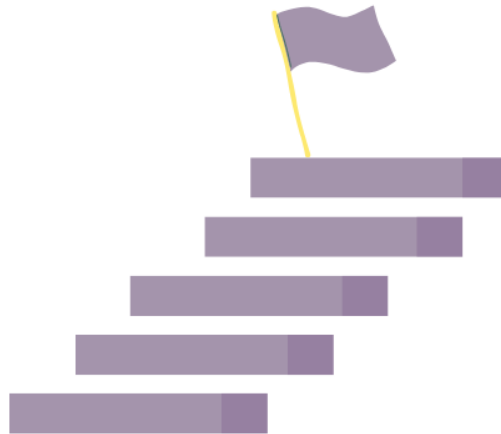
For many students, starting revision is the biggest hurdle to overcome.

A good way to manage this is to:

Create a plan: break down everything you need to revise into small topics and just revise one topic at a time. By creating a plan you are taking control. You may want to consider what subjects that you enjoy as you will find these easier to revise and so make sure they are spread throughout your plan so you are not just left with the less enjoyable subjects.

Set targets: identify when you are going to revise each topic. Give yourself a time limit for when to complete each topic. Think about what subjects you are doing well in and which ones you

enjoy the most - make sure to mix up your revision so you are not tackling all more challenging topics one after the other



Check progress: review your tracking sheets for each subject. Highlight the topics by your confidence, simply ask yourself do I know what that is? Do I feel confident? You can RAG rate them as well - so mark them red, amber or green. This will help both with tracking your knowledge but recording your progress too.

Test your revision: This could be immediately after your revision, later in the day, or the next day. You could test yourself by simply practicing an exam question and don't forget, even once you feel confident, build in time to revisit it again.

I've tried everything but i'm still stressed!

Stress affects everyone differently, and it is a completely natural response, however you don't have to cope alone. If you feel overwhelmed you can speak to an adult you trust or your doctor, they can help you find new ways to cope.

Stress can be a great motivator for some people, giving them the push that they need to succeed. Some people, stress just doesn't affect them positively or negatively, where as for others, it can be overwhelming.

It is important if you do feel overwhelmed by stress to remember:

- stress is nothing to be scared of
- anxiety is not inevitable
- you can learn how to cope more effectively

It can be easy to allow the stress to really knock your self-esteem. Reflect on all the things you've already achieved, in or outside of studying. Write a list of what you rate about yourself, and what others like about you too. Doing things you're good at and enjoy can really boost your [self-esteem](#), so if you are struggling, be sure to pause all revision, and go and do something you enjoy and just allow yourself time to breathe.

Don't be afraid to share how you are feeling.

If you are not quite ready to talk to someone, but recognise stress may be problematic, take some time to look at some of the articles on MoodSpark, which include [managing exam stress](#) and many more when you search '[Exams](#)' or '[Stress](#)'. You could even take up journaling to allow you to track both what makes you feel good.



How to control physical reactions to anxiety

Deep breathing

There are three types of nervous systems in your body but two that you should become familiar with. These are important to understand as it can give you more control when you are feeling anxious, stressed nervous etc.

The first one is what we call sympathetic nervous system. This is your 'fight/flight/freeze' one. The one that often kicks in when feeling anxious or nervous. This really is only needed in life or death situations, but for many of us it is on overdrive as our brain sees danger everywhere, such as an upcoming exam. This is when it becomes unhelpful as it can interfere with clear thinking and give us distracting physical sensations.

Fortunately, there is a way out of this, and that is engaging the parasympathetic nervous system. This is one that is coined 'rest and digest'. When this one is activated, we feel calmer, more relaxed and can more easily engage with our thinking.

To do this easily, we can use deep breathing techniques. Below are some instructions to follow. With a bit of practice and effort you will easily be able to move into 'rest and digest'.

How do I do it?

1. Sit comfortably with a straight back.
2. Place your left hand on your chest, and right hand below it, on your diaphragm.
3. Inhale deeply through your nose for 5 seconds. Your stomach should expand, whilst your chest remains flat and still (this takes practice!)
4. Hold your breath for 2 seconds.
5. Exhale slowly for 5 seconds through your mouth or nose. Experiment with this, both for time exhaled and either nose or mouth.
6. Repeat this for at least 10 times. Notice if you feel different.

The key things to remember are that:

- you can learn to control anxiety with deep breathing
- many people find it easier to learn with an instructor
- yoga or mindfulness classes can also be helpful

Young people have said that calming strategies are really beneficial. Why not try a few to see which works for you such as [Rainbow breathing](#) or [Grounding with your five senses](#).

This video from Kooth explores exam stress in more detail and shares what they can offer to help you during this time.



**Exam time can be stressful..
..but feeling alone in your drug
use can make it feel even harder**

How can I
relax
without
drinking?

Weed helps me
focus, but does
it help me
remember?

**For answers to
your questions and
support for all,
we're with you**

With exam season coming up, it might be making you think a little more about your drug and alcohol use. It's good to try and get yourself in a good headspace before you take exams but trying to make big changes at an already stressful time might make everything feel harder! So whether you want to just ask questions, get some help to cut back your use, or figure out what

is the best plan for you we're WithYou to help with it all. Call us at 01795 500881, talk on our webchat at www.wearewithyou.org.uk, or fill in a referral form at <https://www.tfaforms.com/5046907>

Exam day!

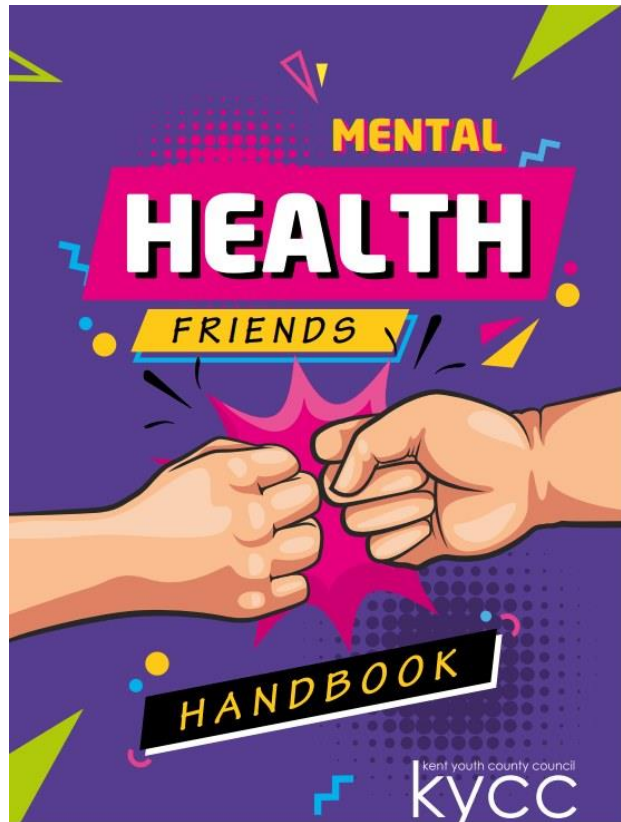


1. **Be prepared.** Start the day with a good breakfast, and give yourself plenty of time to get to the exam hall. Remember to take everything you need, including pencils, pens and a calculator. A bottle of water and some tissues are also useful.
2. **Try a breathing exercise if you're feeling overwhelmed.** *Breathe in through your nose for 4 counts, hold it for 2 counts, and breathe out for 7 counts. Repeating this can help you feel calm.*
3. **Take a few minutes to read the instructions and questions.** Then you'll know exactly what's expected of you. Ask an exam supervisor if anything is unclear – they're there to help you.
4. **Plan how much time you'll need for each question.** Do not panic if you get stuck on a question, but try to leave yourself enough time at the end to come back to it.
5. **Once the exam is finished, forget about it.** Do not spend too much time going over it in your head or comparing answers with your friends. Just focus on the next exam instead.

[*Guidance taken from NHS](#)

Mental Health Friends Handbook

Are you worried about a friend? Not sure what to do?



Young people created the [Mental Health Friends Handbook](#) to;

- Give you the confidence to respond if someone you know is experiencing poor mental health.
- Help you understand the importance of your own wellbeing.
- Recognise the signs and symptoms of a young person who needs mental health support.
- Know where to go to get professional help and support if needed.

Advice and help for you!

Sometimes seeking advice is all you need. Whether you want to just read about useful hints and tips, or speak to someone, either over the phone, or even by text, there is support for you! And don't forget, an adult you feel you can trust, whether that be a teacher, a parent, or even someone in your local community, can be a great source of guidance for you.



1 - [Health for Teens](#)



2 - [MoodSpark](#)



IT'S NORMAL FOR CHILDREN TO FEEL ANXIOUS OR STRESSED ABOUT SCHOOL.

WHETHER IT'S EXAMS PRESSURE, ISSUES WITH FRIENDS, BULLYING OR WORRIES ABOUT LIFE AFTER SCHOOL, THERE'S LOTS OF CHALLENGES FOR CHILDREN THAT CAN IMPACT HOW THEY FEEL.

WE WANT EVERY CHILD TO FEEL HAPPY IN MEDWAY.

3 - [Child mental health | Medway Council](#)

Talk to someone today

Release the pressure - don't suffer in silence

For free confidential 24hr support call **0800 107 0160** or text **SHOUT** to **85258**

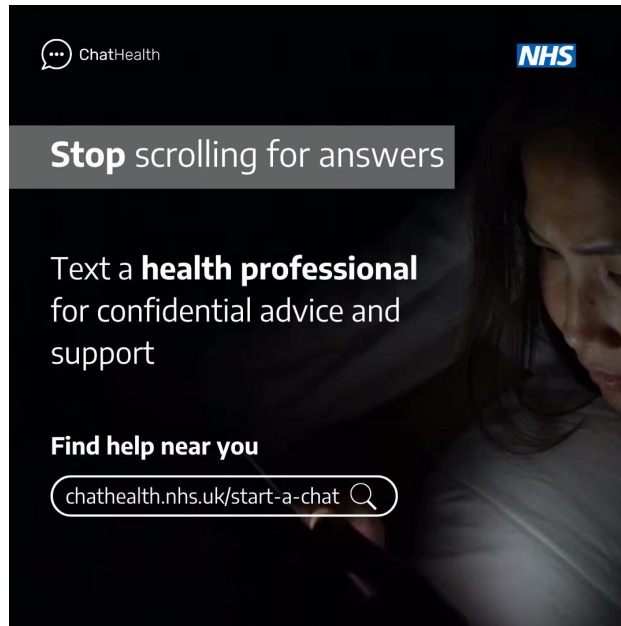
For more information visit releasethepressure.uk

Support is free and confidential, provided by an independent charity and funded by Kent and Medway health and social care partners.

Medway *Support*
Serving You

Kent County Council
www.kent.gov.uk

4 - [Release the pressure](#)



5 - If you are in Kent [ChatHealth](#) | Kent Community Health NHS Foundation Trust



6 - [Kooth](#)



7 - If you are in Medway send a message to chat with a school nurse 07480 635 786

If you are finding it really difficult, you may wish to talk to a trusted adult, or get in touch with one of these services.

If you need more help at this time, there is lots of support available. We recommend you speak with a trusted adult first to help identify what support will meet your needs.

For more information, we have included links below to organisations, some you may be able to refer yourself to directly, but for many, you will need a trusted adult to complete the referral from on your behalf.

THE KCHFT SCHOOL HEALTH TEAM SUPPORT YOUNG PEOPLE THROUGHOUT
PRIMARY AND SECONDARY SCHOOL.

YOU MAY BE FINDING IT DIFFICULT TO MANAGE AND UNDERSTAND YOUR
FEELINGS. YOU MIGHT EXPERIENCE A WIDE VARIETY OF DIFFICULTIES
INCLUDING LOW MOOD, DIFFICULTY SLEEPING, LOSS OF APPETITE,
DIFFICULTY CONCENTRATING OR MIGHT BE AVOIDING SCHOOL.



Kent Community Health
NHS Foundation Trust

8 - [Emotional health and wellbeing | Kent Community Health NHS Foundation Trust](#)

AS PART OF THE MEDWAY COMMUNITY HEALTHCARE EMOTIONAL WELLBEING SERVICE WE OFFER SHORT TERM THERAPEUTIC INTERVENTIONS FOR YOUNG PEOPLE AGED BETWEEN 5 TO 19 WHO LIVE IN MEDWAY.

OUR SERVICE IS FOR THOSE WHO HAVE RECENTLY STARTED TO DISPLAY EMOTIONAL WELLBEING CONCERNS. THESE CAN INCLUDE BUT NOT LIMITED TO: LOW MOOD, FEELING ANXIOUS, STRESSED, ANGER, LOW SELF CONFIDENCE.



9 - [Emotional wellbeing : Medway Community Healthcare](#)



Porchlight  NHS

THE BEYOU PROJECT CONNECTS YOUNG PEOPLE IN KENT AND MEDWAY WHO ARE LESBIAN, GAY, BISEXUAL, TRANS, NON-BINARY OR ARE QUESTIONING THEIR SEXUAL ORIENTATION AND / OR GENDER IDENTITY.

WE OFFER A SAFE, WELCOMING AND NON-JUDGEMENTAL SPACE WHERE YOUNG LGBTQ+ PEOPLE CAN MEET TO SOCIALISE, HAVE FUN AND HELP EACH OTHER.

10 - [The BeYou Project](#)

MIND AND BODY IN KENT SUPPORTS CHILDREN AND YOUNG PEOPLE AGED 13-25 AND IN MEDWAY YOUNG ADULTS AGED 18-25 WHO ARE SELF-HARMING, AT RISK OF SELF-HARMING OR STRUGGLING WITH THEIR MENTAL WELLBEING.

WE HELP YOU FIND POSITIVE WAYS TO MANAGE DIFFICULT THOUGHTS AND FEELINGS, WORKING WITH SMALL GROUPS IN SECONDARY SCHOOLS AND IN THE COMMUNITY.

withyou

11 - [Mind and Body](#)

This Sway has been developed by the
i-Thrive and Participation team at Kent County Council,
funded by
NHS Kent and Medway Integrated Care Board.


Kent and Medway

