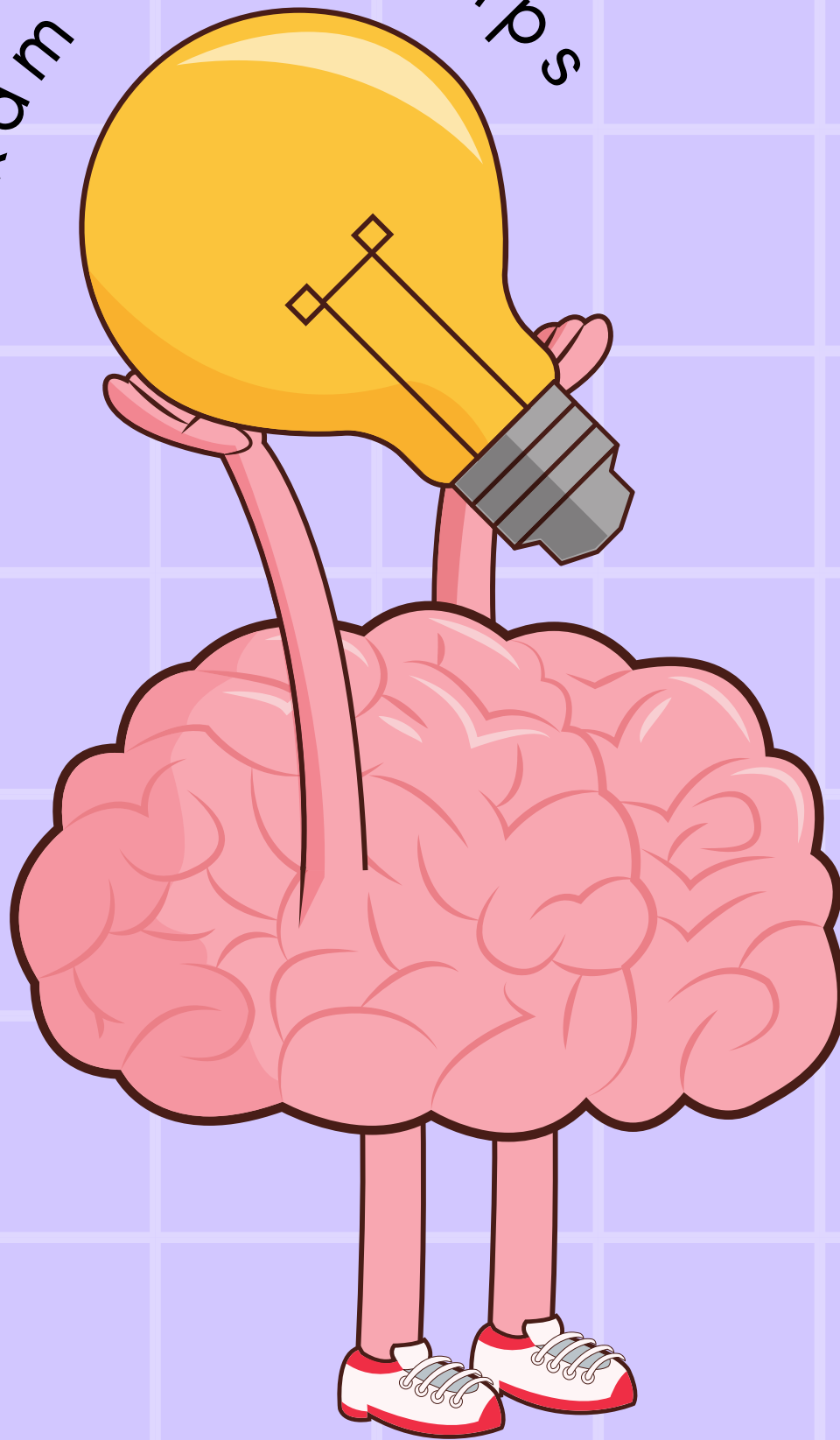
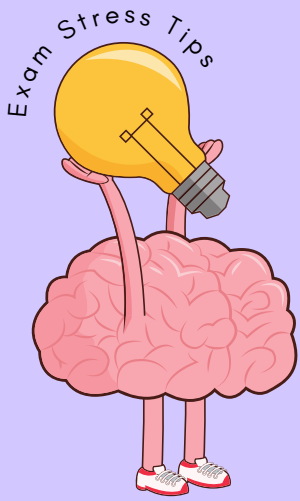


Exam Stress Tips



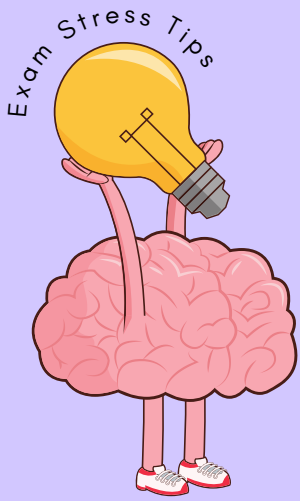
BRIDGE THE GAP



1

Ask for support, think
of practical things
that people can do to
help.

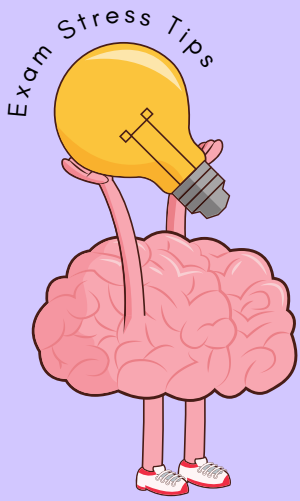




2

Tell friends or family
if you are struggling
with low mood or
anxiety.

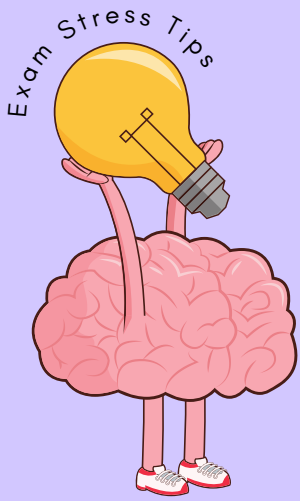




3

Don't forget to take
screen breaks, it
helps your brain to
retain information.

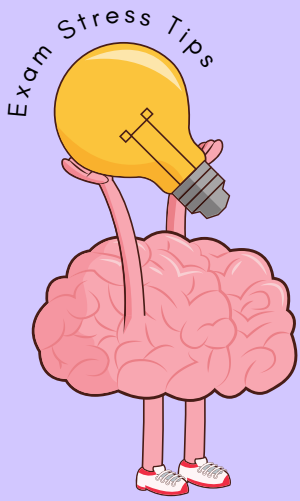




4

Step outside and be
mindful for 2 minutes,
be aware of what you
can hear.



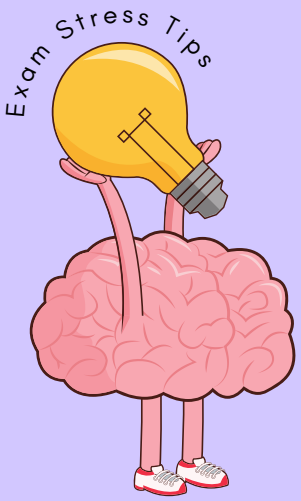


5

Maintain perspective.

Exams are not the
only measure of
success.

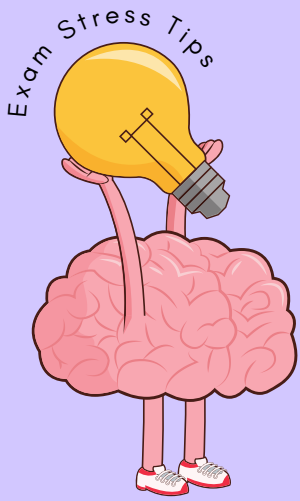




6

Schedule something
fun to do during
exams, laughter helps
us to manage stress.

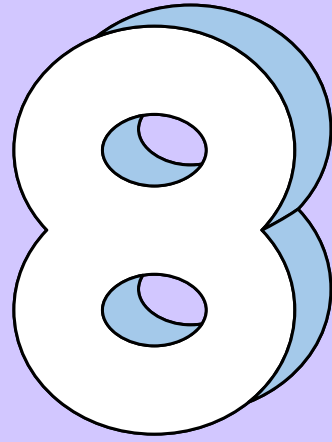
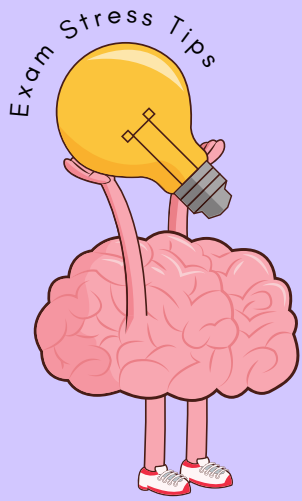




7

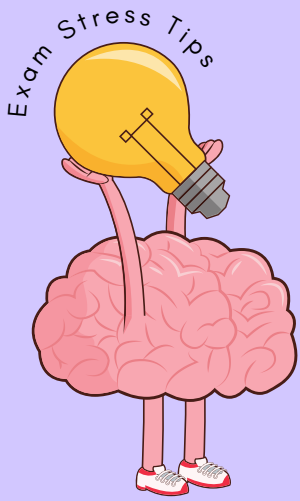
Move! Stretch and walk (even for 5 minutes) to help your body manage stress.





Scribble on paper
and then rip it up into
tiny pieces and throw
it away.

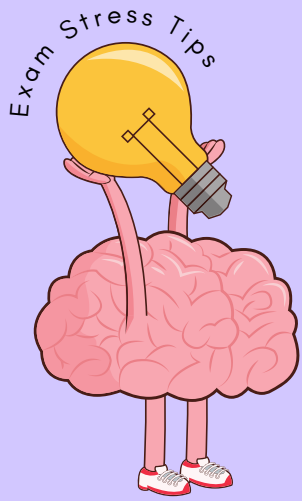




9

Stop revision at least
one hour before
sleep.

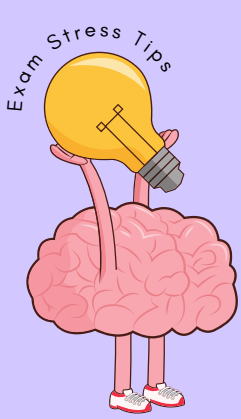




10

Wind down with some
colouring or a
relaxing bath or
shower.

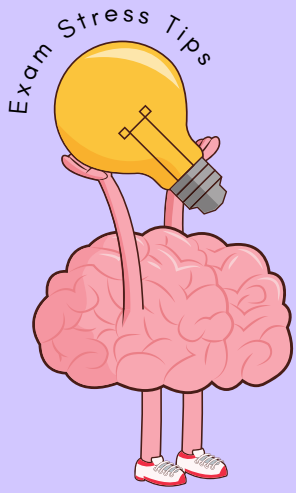




IN THE EXAM

***Have strategies that are discreet
should you need them.***

- Put your hands on your stomach and count 6 slow breaths, feel the rise and fall of your stomach.
- Talk back to negative thoughts, "I am safe".
- Push down on the side of your chair for 6 seconds and then shake your hands.



REMINDER

'The world is changed by how you make people feel, your tenacity, by the example you set, and not by your qualifications'



@bridgethegap_cmh

