



Coping with Exam Pressure

Mrs Welfair

How can I help as a parent or carer with exam stress becoming overwhelming?

Encourage a healthy mindset in your child

Encourage your child NOT to:

- Chase perfection in school work
- Think everything has to be right, right now
- Be overly critical about what they don't know
- Judge themselves compared to peers or siblings

Encourage your child to:

- Remember mistakes are human
- Remember that no exam requires 100% to pass or even get the highest grade
- Keep a sense of perspective about time frame
- Reframe what you don't yet know as a positive: now you know where to focus
- Focus on the tiny improvements as you go along, not the bigger picture

How can I help as a parent or carer with exam stress becoming overwhelming?

Help with revision scheduling

Encourage your child NOT to:

- Work in huge great periods of time without a break
- Stick to one subject over great periods of time
- Multi task / procrastinate (social media)
- Work 7 days a week

Encourage your child to:

- Have a sense of their whole week : where are the breaks / what's the routine?
- Have a sense of their whole year
- Work in small chunks with regular breaks
- Alternate between subjects
- Put the phone / tablet / device somewhere else whilst revising
- Build in mini tests of themselves (can you help here) rather than just do 'busy work'

How can I help as a parent or carer with exam stress becoming overwhelming?

Help with self care

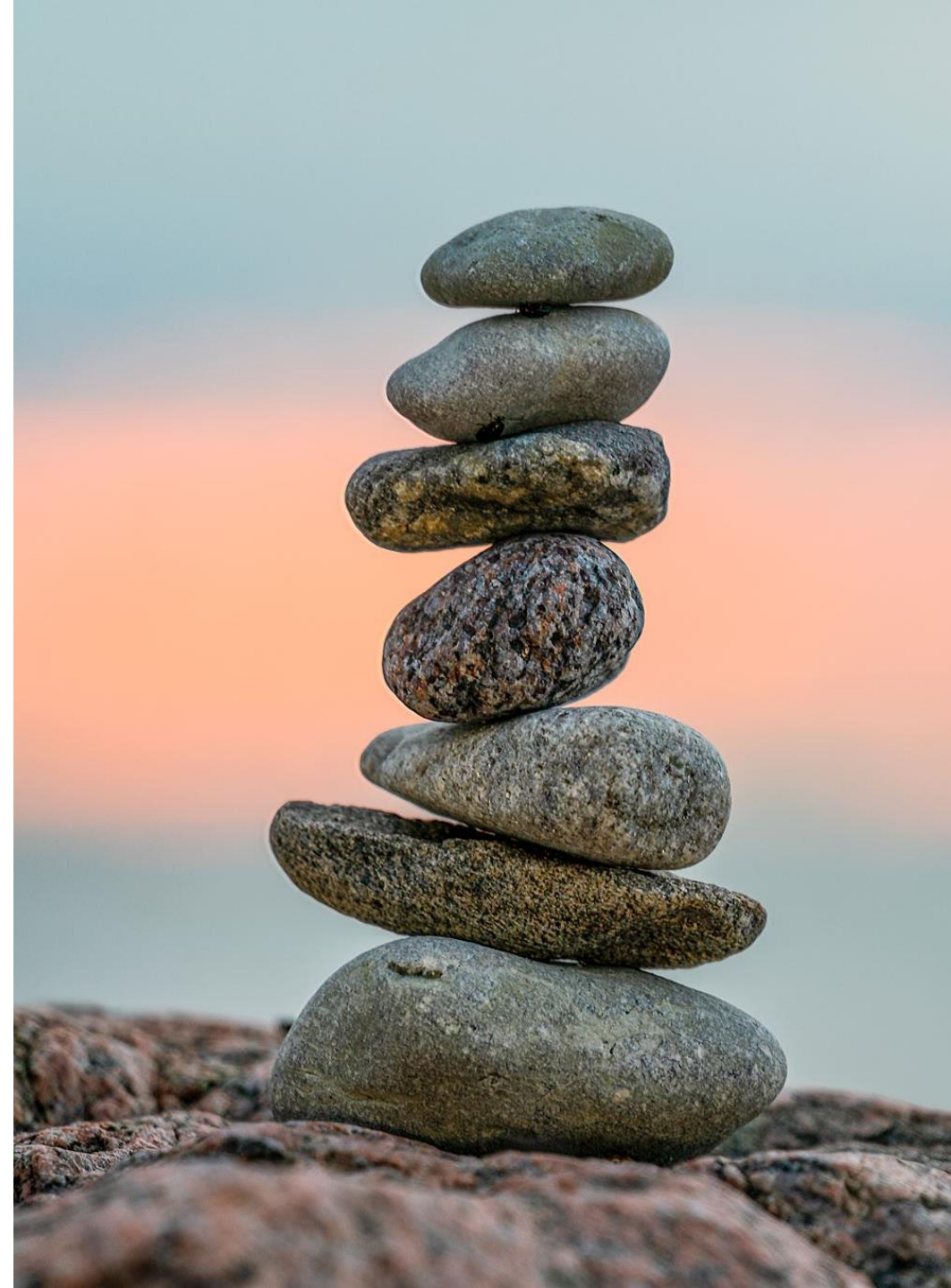
Make sure your child:

- Has time out in the week to do something totally different from school work
- Does some physical activity every day – even if just walking the dog / walking home from school
- Has a good sleep routine, ideally without devices in the room
- Avoids overwork

At peak points in the year, can you let some things slide to help : the tidy room, chores, part time job?

Find a balance

- The most important thing is to use your time wisely- find a balance between revising and spending time doing the things you enjoy. Constantly revising without a break can make you feel emotionally and physically drained, so it's crucial that you take time to step back and do something that you enjoy.
- Whether it's a hobby, or getting some rest, it can help you to recharge. It also lets your brain digest what you've just revised, instead of cramming lots of information in at once.



Looking after your own mental health and wellbeing

Symptoms - Mind and Body

Psychological

Frightened, worried
or anxious

Upsetting thoughts

Guilt



Lack of interest
and motivation

Isolating yourself

Sad and tearful

Physical

Aches and pains

Self-harm

Disturbed sleep



Changes in appetite

Tired

Take a 10 minute break

Move away from your
work space- go for a
walk outside, even just
walk around the house

Stay hydrated- get a
drink of water

Make sure you are
eating- grab a healthy
snack

Speak to someone
face to face

Stay in touch with
friends





S

STOP what you are doing, and pause

T

TAKE a few breathes to centre yourself

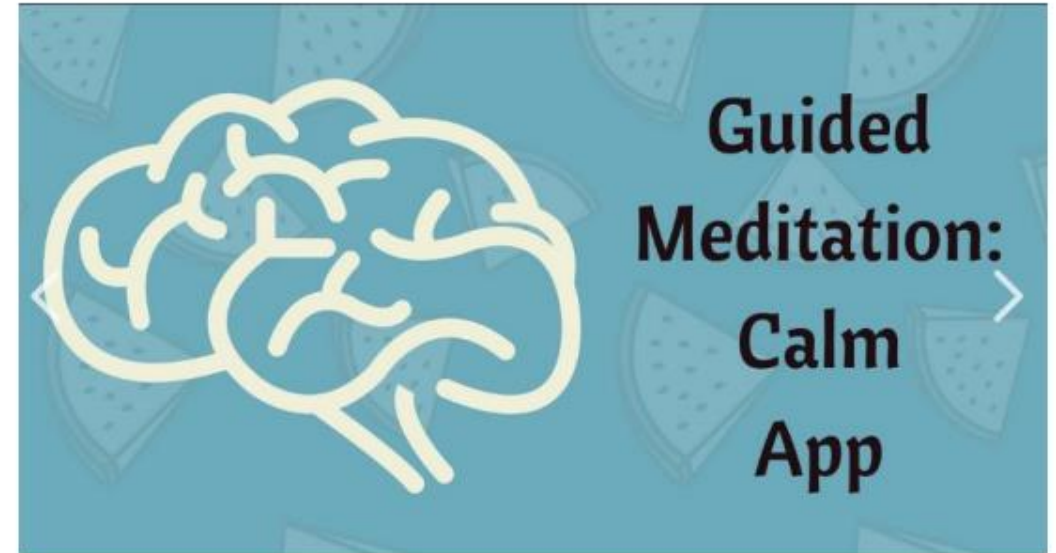
O

OBSERVE your body, thoughts and feelings

P

PROCEED with whatever you were doing

Free self care apps



Free self care apps



BETA This is a new service. Go [back to the NHS website](#).

[NHS Apps Library](#) > Pzizz



Pzizz

Category: Sleep

Free

The Pzizz app helps you quickly quiet your mind, fall asleep fast, stay asleep, and wake up refreshed.

It uses beautiful "dreamscapes" – a mix of music, voiceovers and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.



[Visit website](#)

5 - 10 minute Mindfulness Tasks

- 5 Minute Meditation You Can Do Anywhere
 - <https://www.youtube.com/watch?v=inpok4MKVLM>
- 10 Minute Meditation for Anxiety
 - <https://www.youtube.com/watch?v=O-6f5wQXSu8>
- 5 Minute Stress Relief Guided Meditation
 - <https://www.youtube.com/watch?v=L1QOh-n-eus>
- 5 Minute Mindful Breathing Meditation
 - <https://www.youtube.com/watch?v=nmFUDkj1Aq0>
- 5 Minute Guided Morning Mindfulness Meditation
 - <https://www.youtube.com/watch?v=n9ja1Wqkp1U>

Mental Health for Students



SHOUT Crisis textline - If you need immediate support, you can text SHOUT to 85258 and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.



Kooth is the UK's leading mental health and wellbeing service for young people aged 11-25. It offers safe, confidential counselling and advice online. It is completely free and you can log in using your mobile, tablet or desktop computer. Fully trained and qualified counsellors are available to support Monday to Friday from 12 noon until 10pm each night, and weekends from 6pm to 10pm, 365 days per year. For more information, click on the link: <https://www.kooth.com/>




The Mix offer a free & confidential helpline for young people under 25. Trained supporters are here to help with any issue that is troubling you. They are available 365 days a year via phone, email, one to one live chat or a crisis text message service. Call 0808 808 4994 (open from 4pm to 11pm daily) or click on the following link for more information: <https://www.themix.org.uk/get-support>



CEOP help children stay safe online. Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it here: [HTTPS://WWW.CEOP.POLICE.UK/SAFETY-CENTRE](https://www.ceop.police.uk/safety-centre)

A large orange circle on the left side of the slide, partially cut off by the edge.

In School Support

- Mrs Bland- Head of Year
 - Mr Clarke-Pastoral Manager
 - Miss Nash- SENCO
 - Miss Soulsby-PSHE and Careers
 - Mrs Welfair- Safeguarding and Mental Health Lead
 - Form tutors
 - Teaching staff
 - School Nurse
- 
- A yellow dashed line in the bottom right corner, consisting of several short, curved segments.