

Top tips to reduce exam stress

Do:

- Work to a revision timetable
- Find the revision technique that works for you - don't just stare at a page of notes
- Make sure you know the exam requirements (topics, types of questions, equipment, date and time, etc.)
- Ask for help if you don't understand

Don't:

- Leave revision until the last minute
- Avoid the subjects you don't like or find difficult

And on the day:

- Have breakfast
- Get to the exam room early
- Have more than enough equipment - and a bottle of water
- Go to the toilet before the exam starts
- Read the instructions carefully
- Read the questions carefully
- If you're stuck on a question - move on and come back to it later
- Check your answers

Once the exam is over ...

Forget about it and concentrate on the next one

Support available in school

- Tutor, Head of Year and Deputy Headteacher
- Student and Family Support flyer
- School Nurse

Other support available

TALK TO US

OFF THE RECORD

Off the Record Sutton offers a number of services:

Counselling - free and confidential counselling to young people aged 11-25 in the Borough of Sutton

Drop-In - for young people aged 14+ every Tuesday from 3.30-5.30pm.

Support as Parents and Carers - a supportive space for parents and carers of young people struggling with self-harm.

Online Support - free online counselling for young people aged 11-25.

Sutton Uplift - primary care mental health service promoting for ages 18+.

Or download the **Calm Harm** app

kooth.com

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Stress & Anxiety

Information for parents, carers and students



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What is stress?

Stress is a feeling that we all get when we are struggling to cope with the pressures of life.

Some stress is normal: feeling anxious is a natural part of every day life.

Some stress is helpful: an absence of stress can cause boredom. Sometimes we need stress to motivate ourselves and to help us focus.

However, if we do not deal with stress effectively, it can have a negative impact, which means that we cannot achieve all that we want to achieve.



Signs of stress

- Low energy
- Headaches
- Upset stomach, including diarrhoea, constipation and nausea
- Aches, pains, and tense muscles
- Chest pain and rapid heartbeat
- Insomnia
- Frequent colds and infections

Common effects of stress on your body:

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Stomach upset
- Sleep problems

Common effects of stress on your mood:

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression
- Common effects of stress on your behaviour
- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
- Exercising less often

Reducing stress levels



Eat well:

- Don't force your energy levels up artificially with sugar and coffee
- Avoid sugary breakfast cereals
- Drink lots of water to avoid dehydration
- Eat foods rich in vitamin C

Sleep well:

- Get lots of sleep and rest
- Stick to an appropriate bed time
- Stick to a bed time routine - hot bath, time not working, time off social media
- Make your bedroom a calm place to be - keep electronic devices in another room at night
- Don't eat/drink close to your bedtime

Relaxation routine:

- Close your eyes and breathe slowly and deeply
- Locate any areas of tension and try to relax those muscles; imagine the tension disappearing
- Relax each part of your body, from your feet to the top of your head
- As you focus on each part of your body think of warmth, heaviness and relaxation
- After 20 minutes, take some deep breaths and stretch

