

MINDSPACE: DEALING WITH EXAM STRESS

Mind
SPACE

1. START EARLY

Starting your revision early can prevent you from feeling overwhelmed. Make sure you have completed a study planner to manage your time wisely. If you feel you have left it late to revise check the link below.

<https://www.bbc.co.uk/bitesize/articles/z9wmfcw>

It is important that you stay nourished and hydrated when revising. Remember to drink plenty of water regularly and make time for breakfast, lunch and dinner.

2. EAT & DRINK WELL

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Make sure you get a full nights sleep each night. This will help you stay focussed and energised.

3. MAKE SLEEP A PRIORITY

4. KEEP ACTIVE

Remember to set some time aside to exercise. This can be playing a sport you are interested in, going for a run or even a walk. It is important to keep up with your regular extra curricular activities too.

5. SHARE YOUR THOUGHTS

Do not compare yourself to others or their revision plans, everyone does things differently and at their own pace. If you are starting to feel overwhelmed make sure you share these feelings with your friends, family or your teachers.

Remember to take some time to relax. It is important to switch off, but more importantly do not feel guilty for it.

6. TAKE TIME TO RELAX

RELAX