

Helping Your Young Person with Exam Stress





Hello!

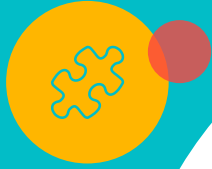
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Stress & Anxiety





*Life is ten percent what you
experience and ninety percent how
you respond to it.*

— Dorothy M. Neddermeyer







Watch for signs of stress


Children and young people who are stressed may:

- worry a lot
- feel tense
- have headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- be negative and have a low mood
- feel hopeless about the future

Having someone to talk to about their work can help. Support from a parent, tutor or study buddy can help young people share their worries and keep things in perspective.

Encourage your young person to talk to a member of school staff who they feel is supportive. If you think your child is not coping, it may also be helpful for you to talk to their teachers.

Try to involve your young person as much as possible.





Creating the Right Environment for Studying

Make sure your YP eats well

A balanced diet is vital for your young persons health, and can help them feel well during exam periods.

Help your YP get enough sleep

Allow half an hour or so for your YP to wind down between studying, watching TV or using a computer and going to bed, to help them get a good night's sleep.

Be flexible during exams

Be flexible around exam time. When your YP is revising all day, do not worry about household jobs left undone or untidy bedrooms.

Staying calm yourself can help. Remember, exams do not last forever.





Cont...

Help them study

Make sure your YP has somewhere comfortable to study. Ask them how you can support them with their revision.

To motivate your YP, encourage them to think about their goals in life and see how their revision and exams are related to them.


Talk about exam nerves

Remind your YP that it's normal to feel anxious. Nervousness is a natural reaction to exams. The key is to put these nerves to positive use.

Help your YP face their fears and see these activities through, rather than avoiding them.

Encourage exercise during exams

Exercise can help boost energy levels, clear the mind and relieve stress. It does not matter what it is – walking, cycling, swimming, football and dancing are all effective.





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Make time for treats

With your YP, think about rewards for doing revision and getting through each exam.


Rewards do not need to be big or expensive. They can include simple things like making their favourite meal or watching TV.

When the exams are over, help your YP celebrate by organising an end-of-exams treat.

When to get help

Some young people feel much better when exams are over, but that's not the case for all young people.

Get help if your YP's anxiety or low mood is severe, persists and interferes with their everyday life. Seeing a GP is a good place to start.






Most Importantly

Do not add to the pressure

Listen to your YP, give them support and avoid criticism. Do not compare them to siblings or family members.

Before they go in for a test or exam, be reassuring and positive. Let them know that failing is not the end of the world. If things do not go well they may be able to take the exam again.

After each exam, encourage your child to talk it through with you. Discuss the parts that went well rather than focusing on the questions they found difficult. Then move on and focus on the next test, rather than dwelling on things that cannot be changed.





A picture is worth
a thousand
words

What works for one
may not work for all.



Helplines

The Mix

<https://www.themix.org.uk/>

0808 808 4994

Childline

<https://www.childline.org.uk/>

0800 1111

YoungMinds

<https://youngminds.org.uk>

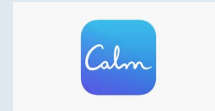
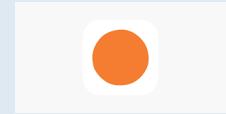
0808 802 5544

Family Lives

<https://www.familylives.org.uk/>

0808 800 2222

Relaxation Apps



<https://www.sjcr.net/for-students/safety-information/counselling-advice-guidance/>





Thanks!

Any questions?

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