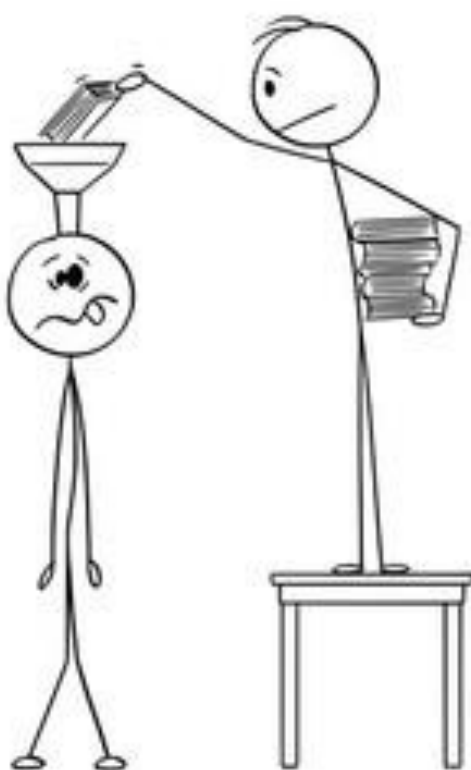


HOW TO LOOK AFTER YOUR MENTAL HEALTH DURING REVISION AND EXAMS



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Introduction

As exam time approaches, you might be feeling pressure to succeed in your exams. Pressure to do well can be overwhelming and affect your mental health. Although it is normal to feel stress around exams, the constant insistence of family and friends telling you to revise, can often become too much. While this is an important time in your life, your mental health is just as significant. In order to achieve your best, you have to mentally believe you can achieve your best. This booklet aims to provide some support and advice, along with some useful tips to help get you through your revision and exams



Dealing with Exam Stress

Let your trusted friends and family know if you are struggling so they can be there to support you, encourage you and offer a listening ear. You don't have to go through this alone. Holding it all in will only make things worse in the long run, so don't be afraid to open up.

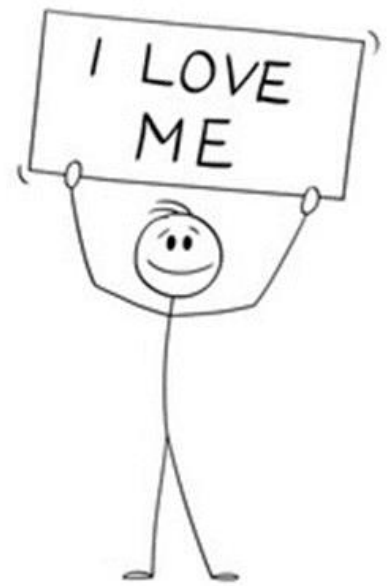


Ask for help. Think about all the practical support you need and be honest with yourself about it. You are allowed to ask for help. Talk through your concerns with your subject teacher or guidance teacher who can let you know what support school can offer you. They've all spoken to lots of pupils before who are going through similar things.



BE KIND TO YOURSELF

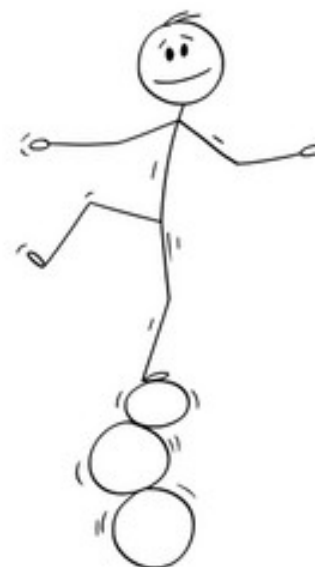
Think about all the things you have achieved so far. It can be helpful to write a list of all the things you like about yourself, and the things other people value about you too.



If people around you - like your parents or family - are putting pressure on you, it can help to tell them what you feel able to achieve and let them know that your expectations are different to theirs. You could also talk to a teacher you trust about the pressure you are under at home.

Find a balance

An important thing is to use your time wisely and 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.



Stay in touch with friends

While revising stay in regular contact with your friends. Talking to friends about revision and the anxiety of what's to come, is a good reminder that you are not alone. Often your friends are feeling the same nervous feelings, which are completely normal to have when preparing for exams.



Be organised

Not making a plan of what you need to revise can lead to disaster! Try to create a plan of what you need to revise and the order you need to revise each subject. Being organised

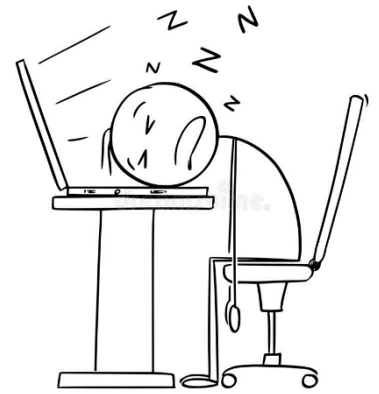


can help you approach your revision in a more manageable way and can help if you find yourself crumbling under stress



Separate where you rest and revise

When you are revising for exams, don't make the mistake of blending the places where you revise and where you rest. Doing lots of revision in your bedroom, you will find it hard to get away from revision when you want



to rest or sleep. You'll likely find yourself getting anxious about not using the time to revise if your bedroom is covered in books, papers and flashcards!! Try doing your revision in a library, or your living room, dining room etc instead. That way your bedroom will be an escape from revision.

Set up study dates

Even though it's a good idea to separate your social life and study life, setting up study dates with your friends to all revise can be helpful, together. It can found be more relaxing and enjoyable. It also means you can get help and support from friends. It's a great way to give you a confidence boost!



KEEP IT IN PERSPECTIVE

Exams can help you take the next step in your academic or professional career - but results are not the only measure of success. Here are things you can do to remind yourself that there is more to life than grades:

Keep in mind that exam results do not define who you are

You might be the comedian in the family, the person your friends come to for life advice, or something else.



Make a list of all the things you want from life which don't involve exams

This can help you realise that exams are only a small part of the picture.

Have fun!

Remember your life outside of exams is important too. Make a list of all the things you enjoy and find time to do them. This can reduce your stress levels, improve your mood, and help you feel refreshed and relaxed. There is no need to feel guilty for taking some you-time to unwind. You're allowed to have a social life and interests outside of studying.



REVISION TIPS

Try breaking it up into chunks and creating a daily or weekly timetable so you know what you want to study when. This can make revision feel less overwhelming and much more manageable.



Be realistic about what you can achieve in a day. An unrealistic revision plan won't help you and will put you under unnecessary stress.

Make sure you take regular breaks from studying. Your brain cannot concentrate for hours at a time.



Not everyone studies the same way. Some people prefer to read, others find it helpful to make notes or draw diagrams, while others prefer to talk things through. Do what works for you.

Focus on you and don't compare yourself to others. It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you. But we're all different and that's ok. Remember, your friends don't have their results guaranteed – life is unpredictable – and they might well be feeling just as worried as you are

All these little things can really help you to stay on track, maintain a positive mind set and keep yourself mentally healthy whilst revising. Even if it's just changing some little things, it can really make a big difference.



Weekly Planner

	4pm-5pm	5pm-6pm	6pm-7pm	7pm-8pm	8pm-9pm	9pm-10pm
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Name: _____

Date: _____

COPING STRATEGIES

EXAMPLES OF COPING STRATEGIES:

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Read a joke book
61. Write a poem
62. Drink cold water

Name: _____

Date: _____

COPING STRATEGIES

EXAMPLES OF COPING STRATEGIES:

63. Draw cartoons
64. Read a magazine
65. Write a thank you note
66. Count to 100
67. Make a list for the future
68. Read inspirational quotes
69. Compliment yourself
70. Visualize a stop sign
71. Laugh
72. Smile in the mirror
73. Smile at others
74. Do schoolwork
75. Look at animal pictures
76. Hyperfocus on an object
77. Notice 5 things you can see
78. Paint with water colors
79. Use a relaxation app
80. Watch a funny video
81. Drink some tea
82. Cook or bake
83. Plan a fun trip
84. Use an I-statement
85. Identify your emotions
86. Express your feelings to someone
87. Write down your thoughts
88. Identify a positive thought
89. Make your day's schedule
90. List 10 positives about you
91. Ask yourself, "What do I need right now?"
92. Tell someone you are thankful for them
93. Pet an animal
94. Make a list of choices
95. Ask an adult for help
96. Organize something
97. Play a card game
98. Listen to nature sounds
99. Sit and relax all your muscles
100. Ask for a break

