



Managing exam stress: tips and advice (for teachers)

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>> Before exams

1. Eat healthily by having breakfast and plenty of fresh fruit and vegetables. Try to avoid junk food.
2. Avoid alcohol, cigarettes or too much caffeine as this won't help manage stress.
3. Get your eight hours sleep. Wind down before bed by putting away your mobile and tablet.
4. The key to lowering your stress is organisation and preparation. Going into an exam feeling confident because you've worked hard is going to be less stressful.
5. Manage your time. Make a realistic timetable. Stick to it. Everyone approaches revision in different ways so make sure you've chosen the method that works best for you.
6. Plan breaks and treats into your revision schedule in order to reward yourself. This includes exercise breaks.
7. Plan your social media breaks so that your phone is not interrupting your revision.
8. Learn to recognise when you are becoming stressed. A break or a chat with someone who knows the pressure you're under will get things into perspective.
9. Remember to focus on yourself not your friends, so avoid comparing your revision with that of your classmates.
10. Surround yourself with a group of people who will motivate you, and who you can talk to about your exam stress constructively.

>> During exams

11. If you feel yourself panicking during the exam, sit back for a moment and control your breathing.
12. Talk to the invigilator in the room if you fear you might have a panic attack.
13. Read the questions thoroughly and plan your answers to help you feel in control.

>> After exams

14. Remember to keep things in perspective and steer clear of any exam 'post-mortems'. It doesn't matter what your friends wrote as it's too late to go back and change your answers. Put it behind you – the best thing to do is focus on the next exam.
15. Remember that there is life after exams. Things might seem intense right now, but it won't last forever.
16. There will be a point when the exam is over, so working hard for a short time will pay off when you get your results and feel that achievement.