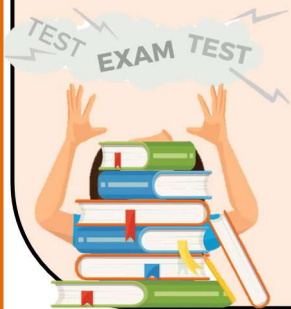


Our top tips for dealing with exam stress

It is normal for your child to feel worried about their exams. Worries become a problem when they start to affect other areas of our life like: our sleep, our eating, our relationships.

Here are our top tips to help your child to deal with these feelings during the exam season. Encourage your child to:

- Revise in a **place** that works for them: their bedroom, the library, a friend's house.
- **Talk to someone** about how they are feeling or if they need help with their studies
- Take time to **relax** and do things they **enjoy**, like hobbies or seeing friends
- Take regular short **breaks**
- **Exercise, sleep** and **eat well**
- Try out **breathing exercises** to relax



Bonus exam resources

For adolescents:

- <https://www.youngminds.org.uk/media/mgljrydj/staying-well-during-revision-and-exams.pdf>

For parents:

- <https://www.youngminds.org.uk/parent/blog/how-to-help-your-child-manage-exam-stress/>

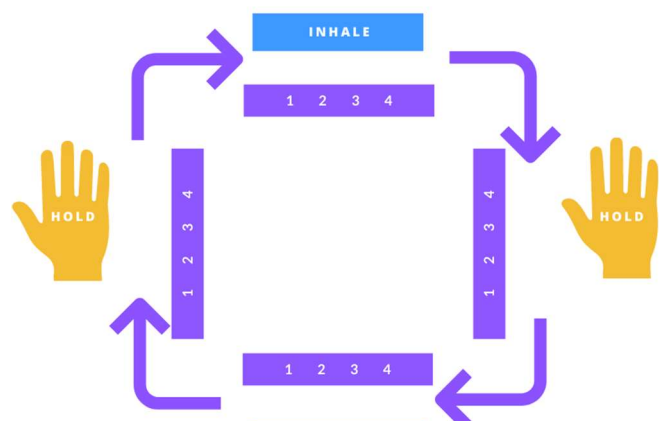
For teachers:

- <https://www.youngminds.org.uk/professional/resources/staying-mentally-healthy-during-exams/>

A Mindful Moment

It's important to take time during our busy days to relax our minds. Have you tried...

SQUARE BREATHING



Useful links

- <https://www.kooth.com/> - Kooth is an online counselling and emotional wellbeing platform for children and young people
- <https://www.youngminds.org.uk/> - Young Minds are one of the UK's leading mental health charities. Their website has information and advice about mental health for both young people and parents
- <https://www.annafreud.org/on-my-mind/> - On My Mind aims to empower young people to make informed choices about their mental health and wellbeing
- https://play.google.com/store/apps/details?id=com.jacksontempura.apps.whatsup&hl=en_GB&gl=US - What's Up – Mental Health and Wellbeing App