



# Coping with exams



Hinchingbrooke School

*Hard Work High Standards Kindness*



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# Revision Support

*Balance is key*

revise but also plan  
time to switch  
off



*Create a revision*

*timetable*

that works for you



*Unsure on  
something?*

Ask for help



*Find your*

*revision style*

Are you visual?

Prefer repetition?

Quick notes?

Full exam answers?

Short bursts? Long stints?



*Find a quiet*

*space*

Get comfy and put your  
needs first.

Open windows?

Snacks and drinks?

Cosy blankets?



*Set a timer*

Stick to your timings then  
take a break



*Get plenty of*

*rest*

Eat and drink regularly  
too



# On the day

## Notification

*Check your timings  
and know which  
room you're in*



## Notification

*Have a good  
breakfast*



## Notification

*Drink regularly and  
take water with you*



## Notification

*Use the toilet before  
your exam*



## Notification

*Bring extra pens and  
pencils, plus any additional  
equipment you might need*



## Notification

*Breathe....  
and breathe again*



## Notification

*Check how many questions  
need answering and calculate  
how much time to allocate to  
each one*



## Notification

*Take time to read both  
the instructions and  
questions*



# Signs of stress and anxiety

Overwhelming feelings

Heart racing

Physical tension

Headaches

Feeling nervous, restless or tense

Stomach problems

Negative thoughts

Constantly worrying

Struggling to make decisions

Difficulty sleeping

# Helping stress and anxiety



Make some  
**FOOD**



Go for a  
**Walk**



Listen to a  
**PODCAST**  
or watch TV

Deep breathing

TAKE A  
**break**

PUT SOME MUSIC  
**ON**

SING, DANCE OR JUST  
BE IN THE MOMENT



**STRETCH**  
your limbs and move



Put a meditation on

Relax and check in with yourself  
What do you need?

mindful  
**Colouring**



# Sleep support

*Switch off  
electronics an  
hour before bed*

*Regular  
exercise during  
the day*

*Reduce  
caffeine*

*Take a  
bath*

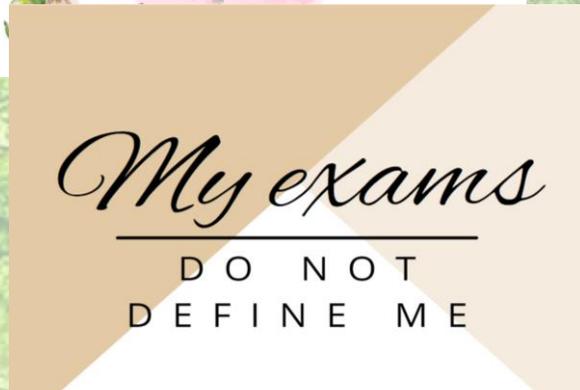
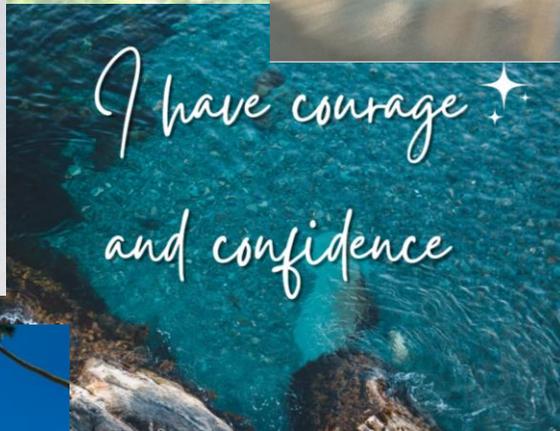
*Soothing scents*

*Write things down  
before bed and keep a  
notebook nearby*

*Warm drink*

*Listen to a  
meditation, body  
scan or visualisation*

# Positive affirmations



# Mindfulness

## SQUARE BREATHING



ZENCARE

## A short grounding exercise...

1. Sit outdoors or by a window.
2. Close your eyes and focus on your breath.
3. Open your eyes and notice 5 things around you.
4. Now notice 4 things you can hear.
5. Notice 3 things you can feel.
6. Notice 2 things you can smell.
7. Notice 1 thing you can taste.

FOOD MATTERS®

## How to Do a Body Scan Meditation



healthline



be mindful  
**NOW**



Breathe In, Breathe Out - Feel the flow of the breath



Be Aware of every Daily Activity (driving, texting, cleaning, etc.)



Pay attention to all your Senses - for ex; notice the taste, texture of food.



Go Outdoors - Walk Around in Nature



Empty the Mind - Take a few moments to be still



Forgive Yourself for every Negative Thought



As soon as the Mind wanders, bring it back to your Breath



Be Grateful - Say Thank You to Nature, People and Things.



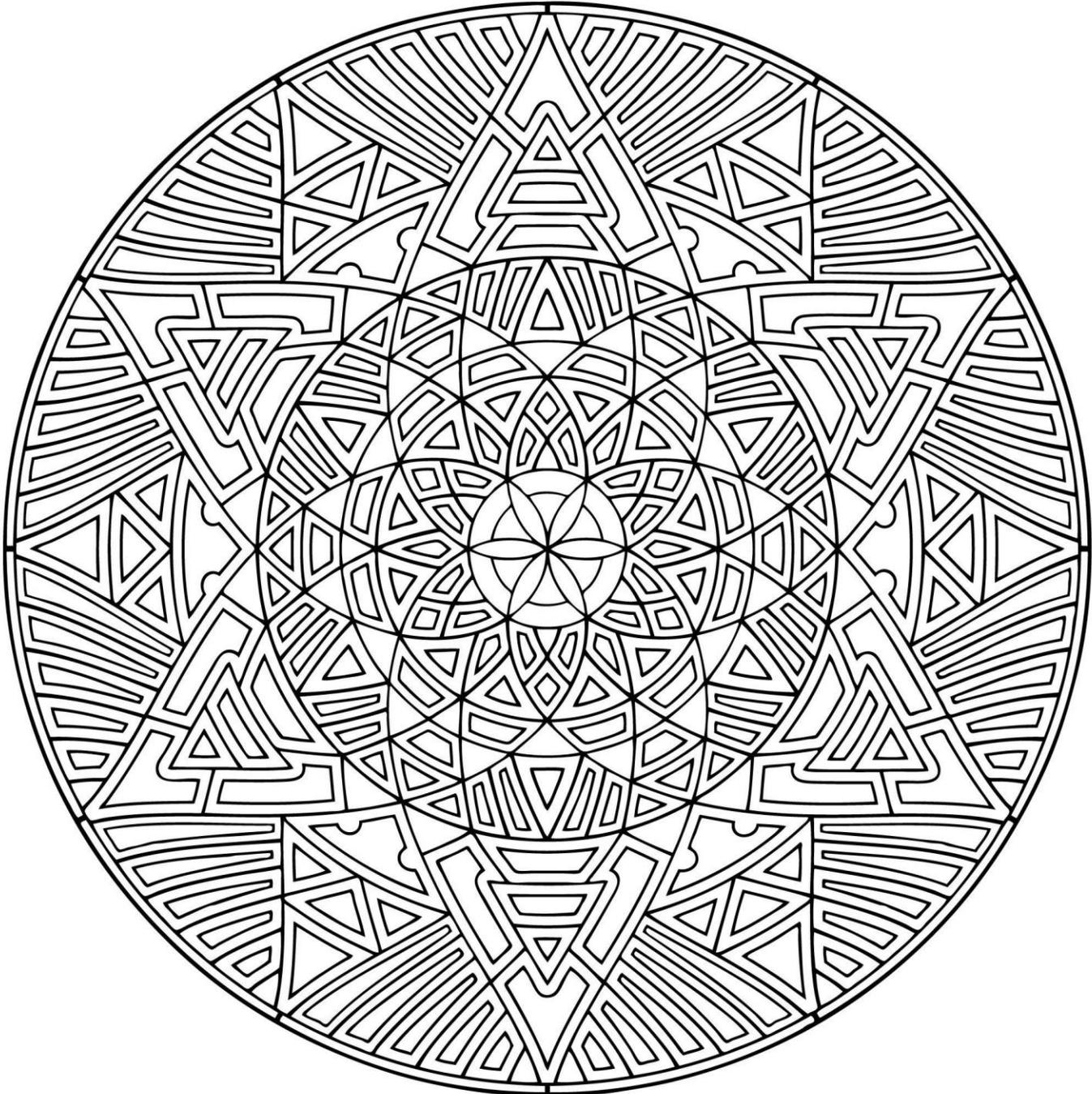
Practice Non-Judgemental Listening



Go Easy on Yourself - with time, you will see the progress!

www.authorhina.com

Take a breather



# Accessing support

- Exam related
  - Teachers
  - Friends
  - Study groups
  - Online revision groups
- In school – emotional support
  - SSO
  - Wellbeing support
  - Self-help guides
  - Signposting
- External – emotional support
  - <https://www.childline.org.uk/get-support/>
  - <https://www.samaritans.org/>
  - <https://www.themix.org.uk/>

# Additional websites

- <https://www.childline.org.uk/globalassets/info-and-advice/school-work-and-college/school-and-college/exam-stress/beat-exam-stress.pdf>
- [https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/exam\\_stress\\_print.pdf](https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/exam_stress_print.pdf)
- <https://www.mentallyhealthyschools.org.uk/resources/exam-stress-advice-booklet-for-students/>
- <https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students/coping-with-exam-pressure-a-guide-for-students>
- <https://www.themix.org.uk/work-and-study/study-and-exam-tips/exam-stress-1241.html>