

Wellbeing Tip of the Week

Dealing with Exam Stress



As we move into this part of the term, some children and young people will be thinking about and preparing for exams, such as SATS, GCSE's, A – Levels, or end of year tests. This week is SATs week for primary schools.

It is normal to feel a bit worried about exams, but it's also important to look after yourself during this time.

Here are some tips to help you:

- **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.
- **The importance of self-care** – remember, as well as revising, it's also important to look after your wellbeing, by eating well-balanced meals, getting enough sleep, staying hydrated and giving yourself regular breaks and time to wind down.
- **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.

For more tips and advice on revising and exam stress, visit [Young Minds - Exam Stress for Young People](#)