

7 TIPS FOR MANAGING EXAM STRESS

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FOR YOUNG PEOPLE

FOR PARENTS/CARERS

Stay organised with to-do lists and study timetables



Give them time off chores and non-urgent family stuff

Take regular study breaks



Encourage them to keep doing the activities they did before exams

Have a dedicated study space



Help them set up a study space and make sure the rest of the family understands

Have a long term goal



Chat with them about what they want to do after exams

Get as much sleep as possible



Remind them to go to bed at a regular time each night

Remember your health: eat well and stay active



Go on study break walks with them and try to cook wholesome meals

Talk to the people around you



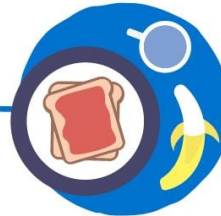
Make a time to chat to them and let them vent

NIGHT BEFORE

EXAM SLAYING CHECKLIST

On THE DAY

← **CHECK**
your exam location
and start time



EAT →
a decent
brekky

← **DO**
a light revision
of your notes
(don't go overboard)



PACK →
your bag

← **LAY**
out your clothes



ARRIVE →
a little early

← **SET**
your alarm



AVOID →
any people that
stress you out

← **VISUALISE**
yourself being
calm and confident
in the exam room



TAKE 2 →
minutes and
practice deep and
slow breathing

← **GO**
to bed early
enough to get a
good amount of
sleep



GET →
comfortable in
your assigned seat
and then get to
work

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