

Surviving school exams and stress

'Getting ready for exams can be stressful. To help reduce stress and ensure that you're as organised as you can be, it's important to look after yourself and stay focused in order to be as ready for the exam as you can be. You have got this far which is fantastic!

Try to keep your focus on school and exams rather than other stuff happening in your life. You don't need this extra worry around relationships, friendships etc. right now. Get a good sleep each night - 9 hours is recommended.

Some key tips to get ready are:

- Create a study space that is comfortable, quiet, well lit, organised, and has no distractions nearby, such as a TV, people talking and yes, this is the time to turn your phone off!
- Make sure you have everything you need for each study session as this helps you feel more confident and organised.
- Don't get hungry before or while studying. Grab nutritional snacks that keep you going, such as fruit/nuts/dairy, etc.
- Don't study more than 40-60 mins without a short break. Even a 5 minute break will help. A glass of water helps too!
- When you have a break do something physical or fun, such as going for a short walk or playing with a pet.
- Relaxation is important, especially before bed, to slow the brain activity down. Try some slow, deep breathing, a shower or a bath, herbal tea etc.
- Learn more about [sleeping well](#)
- Say "no" to parties during the weeks close to the exams. This will help to keep you refreshed, well-rested and energised.
- When studying, switch your phone and social media off to stop the distractions.
- Try to keep a focus on your health and wellbeing by not using things like drugs or alcohol; they can make it much harder to study.