

# TOP TIPS

I  
Exam time, how will I cope .....



1

What can I do to cope with my stress?

Learn to recognise what happens in your body when you're feeling stressed and break the cycle

2

I am so stressed I will forget everything!

Some stress is a good thing. It can help you perform your best.

3

My friends all seem to be coping - why can't I?

Avoid comparing your abilities with your friends – focus on yourself.

4

What can I do to help myself?

It's really important to eat well; it will fuel your brain as well as your body. Have regular breaks too.

5

What can I do if I panic in the exam?

Remember panic is triggered by shallow breathing. If panic strikes sit back and breathe in and out slowly

6

How can I cope with the stress?

Exercise is an excellent de-stressor-it wakes your mind up and your body.

7

How much sleep do I need?

You need 8 hours sleep – remember your bed is for rest not revision

8

What can I do if I feel I am not coping?

Talk to someone who knows the pressures you are under.

9

I usually drink and smoke as a way of coping -does it help?

It is easy to turn to bad habits at times of stress; this is when solutions can easily become another problem.

10

If I don't pass my exams I am a failure.....

Remind yourself there is life after exams; you always have choices for the future.