

Exam Stress and how to deal with it!

**Hall Green
School**



Coping with Exam Stress

**March
2022**

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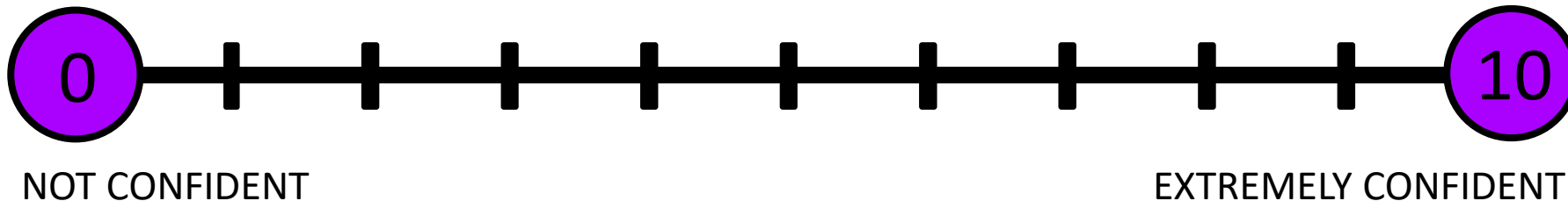
EXAM STRESS

SELF ASSESSMENT



How confident are you about:

- A. Knowing how to spot when you're stressed?
- B. Thinking of ways to relax and de-stress?
- C. Revising for exams?
- D. Knowing what you want or need to achieve in your exams?
- E. Having a revision plan that will work for you?
- F. Knowing where to get help and advice about revising?



<https://youtu.be/7AgswlajRw>

Click here

2 mins 6

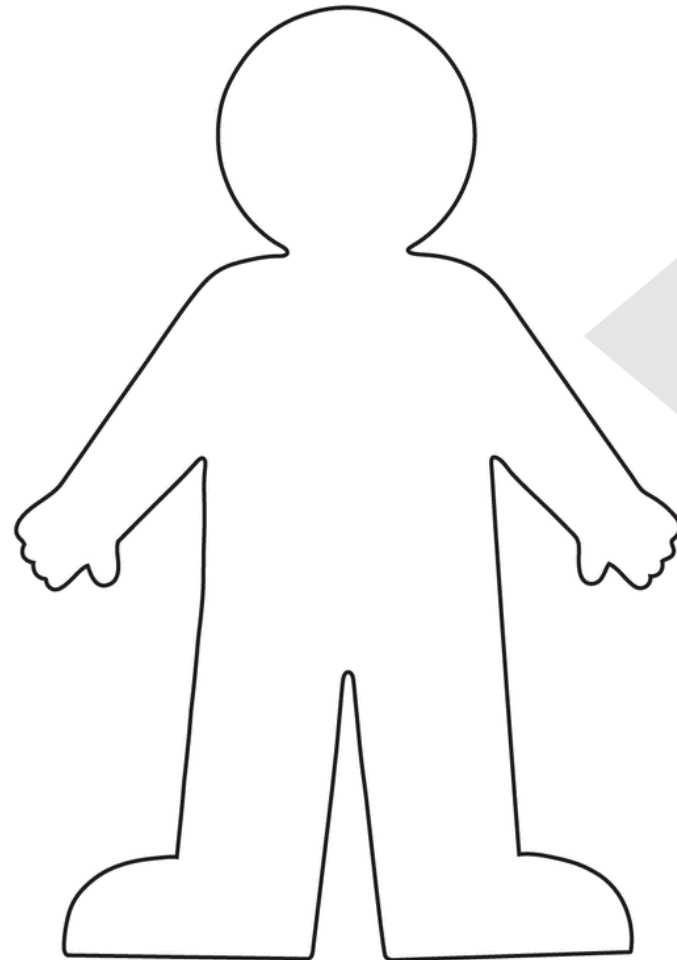
How to beat exam stress



Exam Stress and how to deal with it!



What does exam stress look like?



Add labels to show what exam stress may look and sound like.



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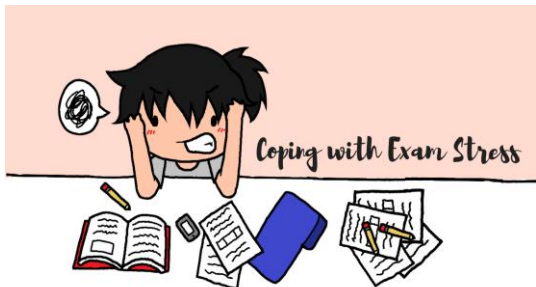
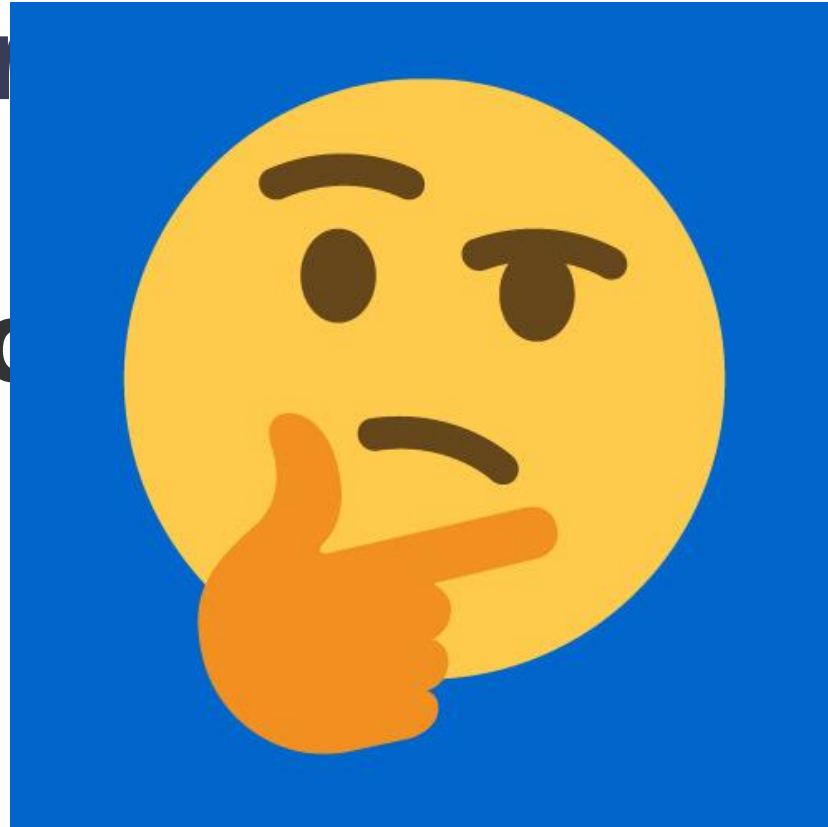
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What does exam stress look like?

Some signs of stress include:

- **Feeling confused**



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What does exam stress look like?

Some signs of stress include:

- Losing touch



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What does exam stress look like?

Some signs of stress include:

- **Feeling moody**



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What does exam stress look like?

Some signs of stress include:

- Having trouble making decisions



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What does exam stress look like?

Some signs of stress include:

- **Feeling**



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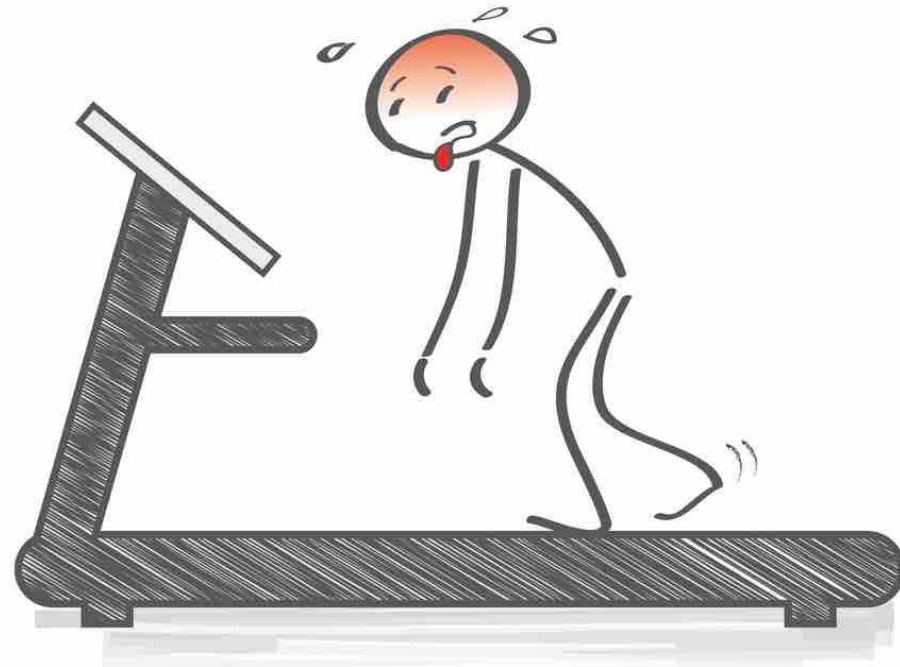
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What does exam stress look like?

Some signs of stress include:

- Lack of motivation
anything



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What does exam stress look like?

Some signs of stress include:

- Trouble sleeping or getting out of bed



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Why do we get GCSE exam stress?

Select the reasons that fits you....you may have more than one!



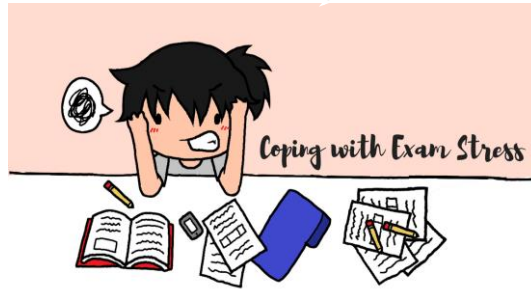
I want to do really well

I am worried I will fail

I don't feel prepared

I really need a certain GCSE grade /s to get onto my college course

I don't have much time to study



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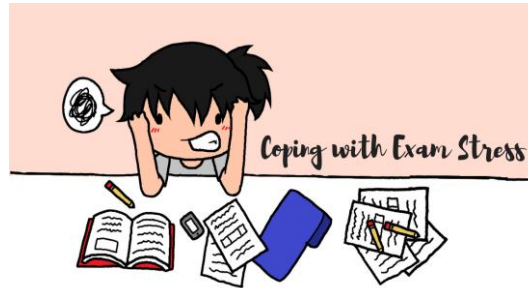
Why do we get GCSE exam stress?

Select the reasons that fits you....you may have more than one!



**I don't
think I will
do well**

*I feel pressure
from my
family to get
good GCSE
grades*



I feel I need
to compete
with others

I find it hard to
understand the
work

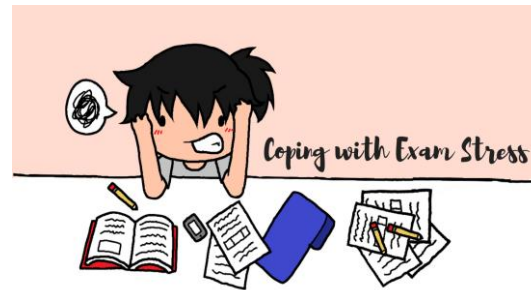
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Why do we get GCSE exam stress?

Select the reasons that fits
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Lockdown and the
global pandemic
have just
everything more
stressful

I have others
things going
on in my life

I feel pressure
from my
teachers to get
high grades

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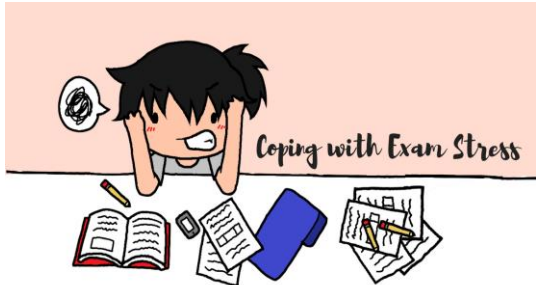
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What is stress?

The more you know and understand stress, the more likely you can learn to manage your own exam stress.

Watch this to find out more...



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<https://youtu.be/-RZ86OB9hw4>



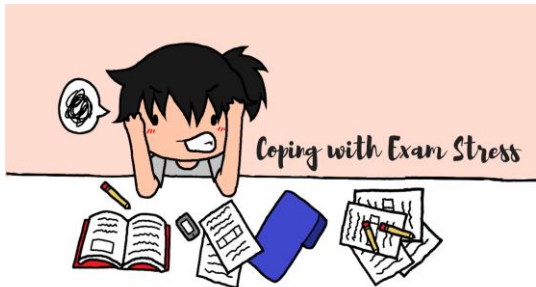
Exam Stress and how to deal with it!



Watch a film, a TV show or listen to a podcast or comedian that makes you laugh.



How do you relieve exam stress?
10 tried and tested ways to



Exam Stress and how to deal with it!

Drink some herbal tea or a hot chocolate. ...



How do you relieve exam stress?
10 tried and tested ways to



Exam Stress and how to deal with it!



Take a shower or a bath



How do you relieve exam stress?

10 tried and tested ways to



Exam Stress and how to deal with it!



Be active and move!..
Cook or bake
something / exercise



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How do you relieve exam stress?
10 tried and tested ways to



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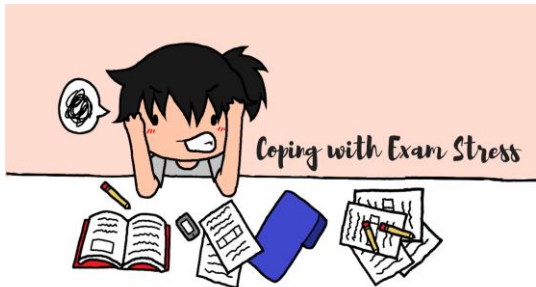
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Get some sleep. ...



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Exam Stress and how to deal with it!



Keep things in perspective. ...



How do you relieve exam stress?
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Avoid other stressed people



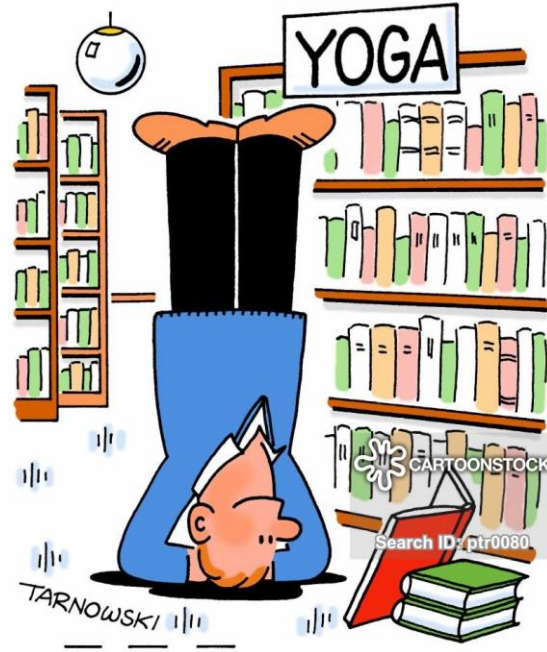
How do you relieve exam stress?
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Find a method to prepare for your GCSEs that suits you



How do you relieve exam stress?
10 tried and tested ways to



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ACT on the advice of your teachers



I must do my revision
I must do my revision
I must do my revision
I must do my revision
I must do my revision



How do you relieve exam stress?

10 tried and tested ways to



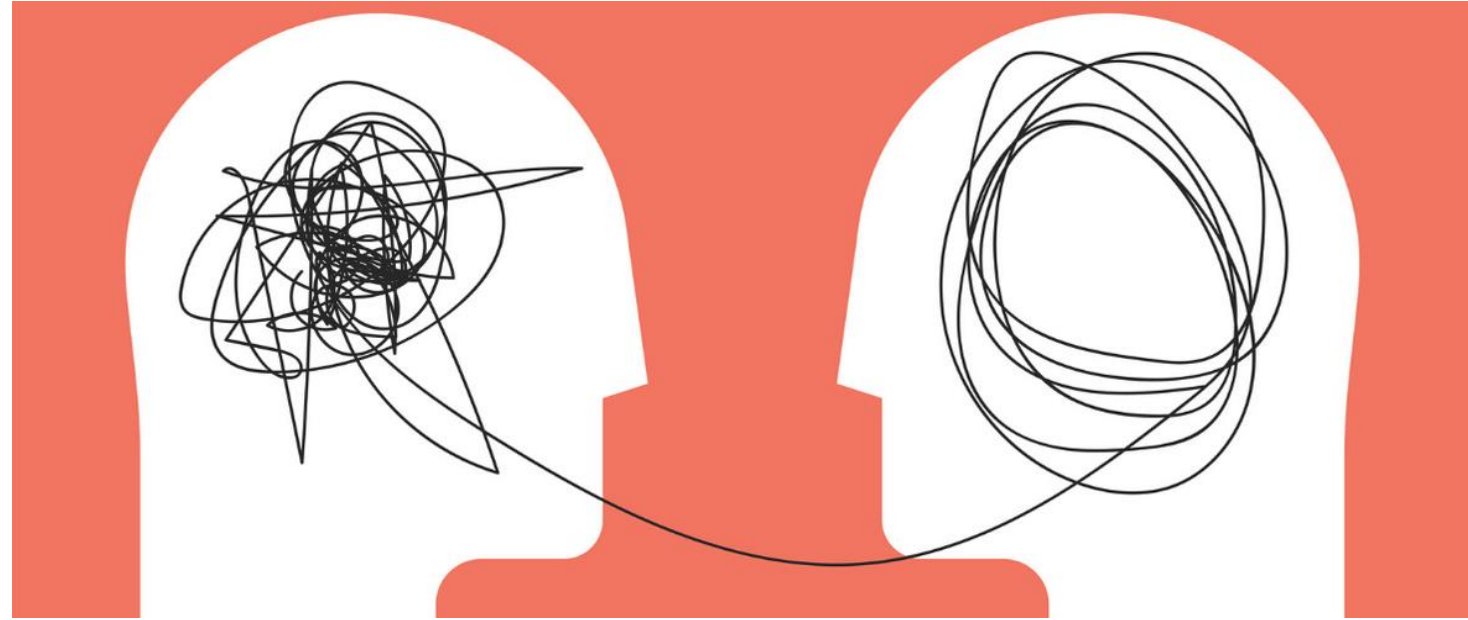
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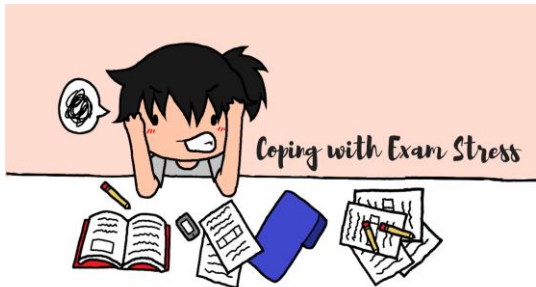
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Talk and share your feelings about your GCSEs with people you trust



How do you relieve exam stress?
10 tried and tested ways to



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.During the exam....

- To manage your physical symptoms of anxiety try some of the techniques on the next slides (and breathe, tense and Relax and imagine yourself calm).
- If you notice that anxious thoughts are cycling (for example 'I'm going to fail, then I won't get into college, I will disappoint everyone') you may want to try some quick distraction techniques such as counting backwards from 100 in 3's or naming an animal for each letter of the alphabet.
- You want this task to be hard enough to have to concentrate but simple enough to distract attention for a short time. Then continue with your exam.



Exam Stress and how to deal with it!



And Breathe...

- Take in a deep breath.
- Breathe right down into your stomach, not just into the top of your lungs but right down into your diaphragm.
- You will feel your stomach muscles engage which may feel a little uncomfortable if this is a new experience for you but stay with it.
- Visualise a jug filling up from the bottom and getting full but not overflowing.
- As you breathe out, imagine your stresses or worries leaving you with the breath.
- Keep going until you feel your stress begins to subside.



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Imagine yourself calm..

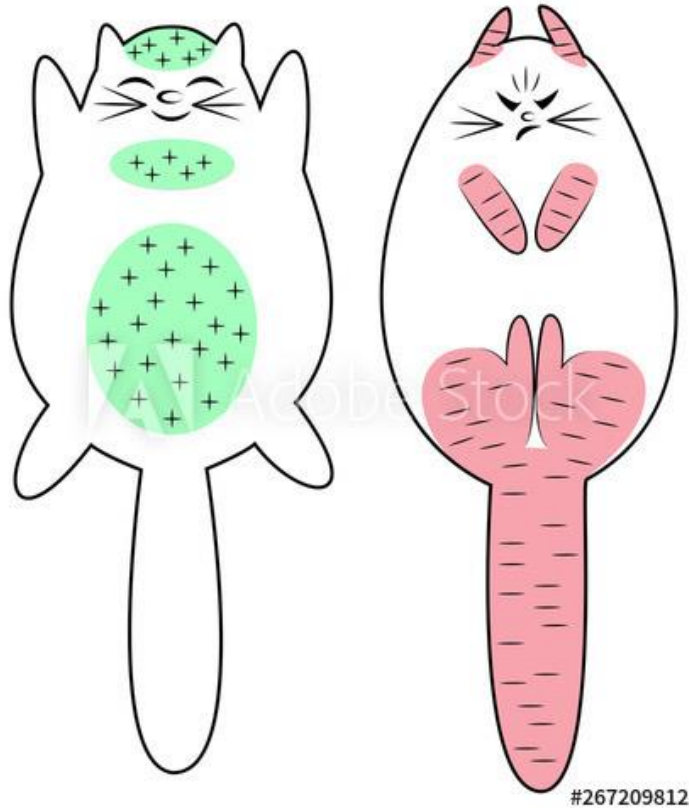
- Close your eyes and take a deep breath.
- Imagine a place that feels as calm and peaceful as you possibly can.
- You might imagine a sandy beach, a woodland, a special place you visited, a field, your bedroom- whatever is your ideal safe haven.
- Visualise this place in as much detail as you can.
- Notice how you feel in this place.
- If you don't feel calm, try somewhere else.



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Tense and Relax...

- Sit comfortably in your chair.
- Ideally choose a time when you will not be interrupted.
- Tense one of your muscles just enough to notice what it feels like, but don't over do it.
- For example, clench your fist, screw up your face muscles, scrunch your toes, hunch your shoulders.
- Hold the tension for about 3-5 seconds, then release.
- Once you have done this a few times, move onto another muscle.



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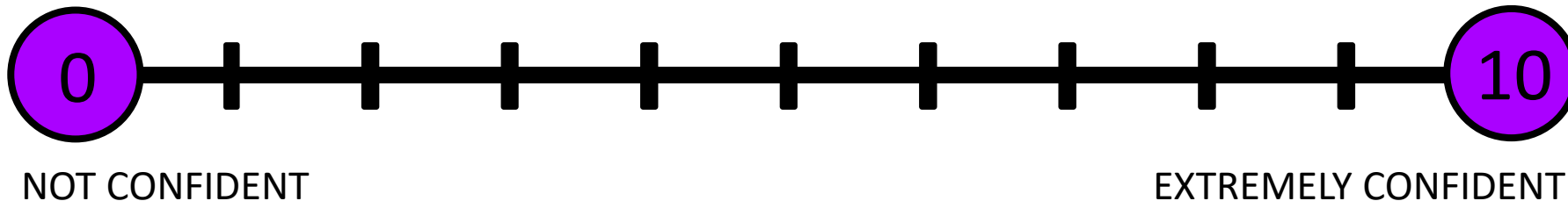
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Year 11, remember...

- ✓ stress is a normal reaction to exams
- ✓ identify the reasons for your exam stress
- ✓ take action, use the techniques and methods you have learnt today
- ✓ be kind to yourself
- ✓ share your stress with others.... You are not alone

