



'Academic excellence, spiritual development  
and social awareness through Christ.'

**Blessed Robert Sutton**  
Catholic Voluntary Academy

# Exams Stress and Anxiety

## Wellbeing Pack



**St Ralph  
Sherwin**  
Catholic Multi Academy Trust



# Revision Tips



Try breaking it up into chunks and creating a daily timetable

so you know what you want to study when. This can make revision feel less overwhelming and much more manageable.



Focus on you and don't compare yourself to others

It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you. But we're all different and that's ok. Remember, your friends don't have their results guaranteed – life is unpredictable – and they might well be feeling just as worried as you are.



Make sure you take regular breaks from studying

Your brain cannot concentrate for hours at a time.



Not everyone studies the same way

Some people prefer to read, others find it helpful to make notes or draw diagrams, while others prefer to talk things through. Do what works for you.



Be realistic about what you can achieve in a day

An unrealistic revision plan won't help you and will put you under unnecessary stress.





# Problem Solving

## Solve problems

Learning how to find solutions to the things you can do something about will help you feel more in control and will lower your level of stress.

## Problem Solving

- 1 What do I have to do and by when?
- 2 Think as many solutions as possible
- 3 List the pros and cons
- 4 Make a plan and do it
- 5 How did it go? What have I learnt?

@BurtonUtttoxMHST

## Activity: Problem solving

Think about something that might be a problem for you right now.

Have a go at solving this problem and making a plan using the worksheet provided.

You can do it on your own or with somebody that you trust.

**Problem solving - My practical worry**

**1** Turn my worry into a practical problem

- What do I need to do and when do I need to do it by?

**2** List as many solutions as I can on the table

- Don't rule out any yet, even ones that seem impossible or not sensible help to generate my ideas

**3** List the pros and cons on every solution I have come up with

- Then number them: with 1 being the one I feel most able to try out that is likely to solve the problem I have

Potential solution	Pros	Cons	Number







# Time Management

## Time management

There is a strong link between lack of time management and stress levels

Time management is not about managing only school work, it is about having enough time for what matters most to us when life gets busy.



@BelievePHQ

*Pomodoro is the Italian word for tomato. The inventor named the technique after a tomato shaped timer he used to track his work*

## How to study using the Pomodoro Technique?



1. Choose the task you want to do



2. Set your alarm for 25 minutes. This one session is called one Pomodoro



3. Work on the task for 25 minutes (one Pomodoro) without any break



4. Once you finish a Pomodoro, take a five-minute break



5. Take a long break every four Pomodoros



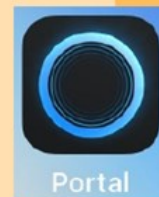
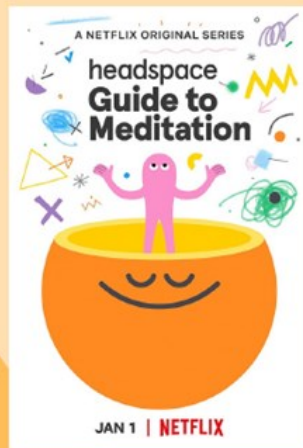
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# Meditation, Mindfulness and Calming techniques



## Mindfulness & Meditation



## CALMING TECHNIQUES



When we are overwhelmed by thoughts and feelings our body reacts to it by activating our stress response:

RACING HEART  
TENSE MUSCLES  
HEADACHES  
TREMBLING  
FAST BREATHING  
BELL ACHES  
FEELING DIZZY  
BODY ACHES  
URGE TO GO TO THE TOILET  
FEELING SICK



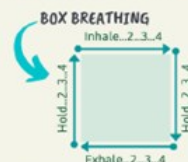
By calming our body we can overcome those unpleasant feelings and focus on problem-solve and do what is important to us.

### Breathing



Breath control is a natural tranquilizer as it helps slow down our heart rate.

Place one hand on your belly and the other on your chest. When you breath, your belly should expand, your chest should remain still.



### Grounding



Grounding brings you back to the present, allowing your mind to calm and focus on what is important for you.

Use these exercises to help you ground in the present moment.

- 5 Things that you can see
- 4 Things that you can hear
- 3 Things that you can feel
- 2 Things that you can smell
- 1 Things that you can taste

#### ROOM SEARCH

Find everything in the room that fits one category. For example:  
Find everything that's green  
Find all of the squares in the room  
Count the in the room

### Relaxation



By relaxing our body we can release the accumulated tension in our muscles.

One way to do this is to tense and relax all the muscles in your body one by one:

TENSE FOR 5 SECONDS → PAUSE FOR 10 SECONDS

1. Raise your eyebrows
2. Clench your eyelids
3. Open your mouth wide
4. Raise your shoulders
5. Take a deep breath
6. Clench your fists
7. Pull in your tummy
8. Tighten your buttocks
9. Pull your toes upwards
10. Curl your toes



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# Self Care

## self care for **BAD DAYS**



warm bath



look at the  
big picture



reach out



cuddles



take a walk



validate  
feelings



get crafy



treat yo self

@theself\_carekit

WebMD

## Natural Ways to Feel Better in **LESS THAN 15 MINUTES**

GET OUTSIDE



TURN ON  
SOME TUNES



TAKE A WALK



STRETCH



EAT A SMART SNACK



HAVE A LAUGH



WISH  
SOMEONE WELL



CONNECT  
WITH SOMEONE



DO A  
GOOD DEED



CLEAR  
YOUR MIND



CHECK A CHORE  
OFF YOUR LIST



GIVE YOURSELF  
A PEP TALK



SOURCES: Mayo Clinic, Landscape and Urban Planning, Journal of Environmental Psychology, Southern Medical Journal, Journal of Happiness Studies, The Greater Good Science Center at the University of California, Journal of Experimental Psychology, American Heart Association, Psychological Science, UCLA Center for Evidence-Based Medicine, Journal of Experimental Social Psychology, Cleveland Clinic, Harvard Medical School, Plus One, NewsImage.





# Useful organisations

**If exam stress is taking over and you are struggling to cope, you are not alone. Here are some organisations who can support you.**



Whatever you're going through, you can contact the Samaritans for support

Opening times: 24/7

Number: 116123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)



If you're under 19 you can confidentially call, chat online or email about any problems big or small.

Sign up for free Childline locker to use their free 1-2-1 counsellor chat and email support service.

Hosts online message boards where you can share your experiences, have fun and get support from other young people in similar situations

Opening time: 24/7

0800 11 11

Offers support to anyone under 25 about anything that's troubling them.

Email support available via their online contact form.



Free 1-2-1 webchat service available

Free short-term counselling service available.

Opening times: 3-12pm, seven days a week

0808 808 4994



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