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Managing exam stress and wellbeing

**A mindful and calm approach to studying can help ease the stress that comes with taking exams.
Here are some tips to help create a calm space around you during the exam period...**

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1

Cultivate positive relationships

Research has shown that young people who are not in conflict with their teachers and peers have higher test scores and academic performance.

2

Think about having a 'digital detox'

It's a good idea to introduce a 'digital detox' when preparing for exams. Switching off your phone during your exam prep sessions will help remove the temptation of distraction and focus your mind.

3

Get up and move around

Robust research shows that there is a link between physical activity and wellbeing. After you have finished a study session, why not go for a brisk walk or short run?

4

Relax your mind

Practising relaxation techniques such as mindfulness helps to calm your mind and create a sense of positive wellbeing. You will feel ready to face any challenges!

5

Be part of a team

Research has shown that cooperative learning is very important for student wellbeing. Your wellbeing will benefit from seeing yourself as part of a team.

6

Enjoy yourself

Remember that it's important to continue doing the things you love during the exam period to help you feel good physically and mentally. Stay positive and believe in yourself.

