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# Looking after yourself during exams

MHF Tips for Young People Series

# Be patient with yourself

It is very common to experience higher levels of stress and anxiety around exams. The exam period is often quite lengthy, so it is important to pace yourself and find ways that support you, especially when experiencing challenging thoughts and feelings.

Being kind and patient with yourself can start with the little things, like giving yourself a moment to take some deep breaths or listen to some calming music. If you begin to doubt yourself, try to think and speak kindly towards yourself. Find activities to express your feelings.



Follow along to this [breathing exercise](#) to bring calm and focus to your day.



Use this [art box](#) as a space to explore how you are feeling.



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# Reach out to your support network

At times, we may begin to feel anxious, uncertain with our revisions plans or how we will do, or lonely.

It is important to reach out for support if you being to feel and struggle with negative thoughts and feelings. There are people around us who can be a source of trust, and reassurance.

You could talk to a member of staff at school or college, organise a study session with friends or reach out to support services.



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# I can speak to...



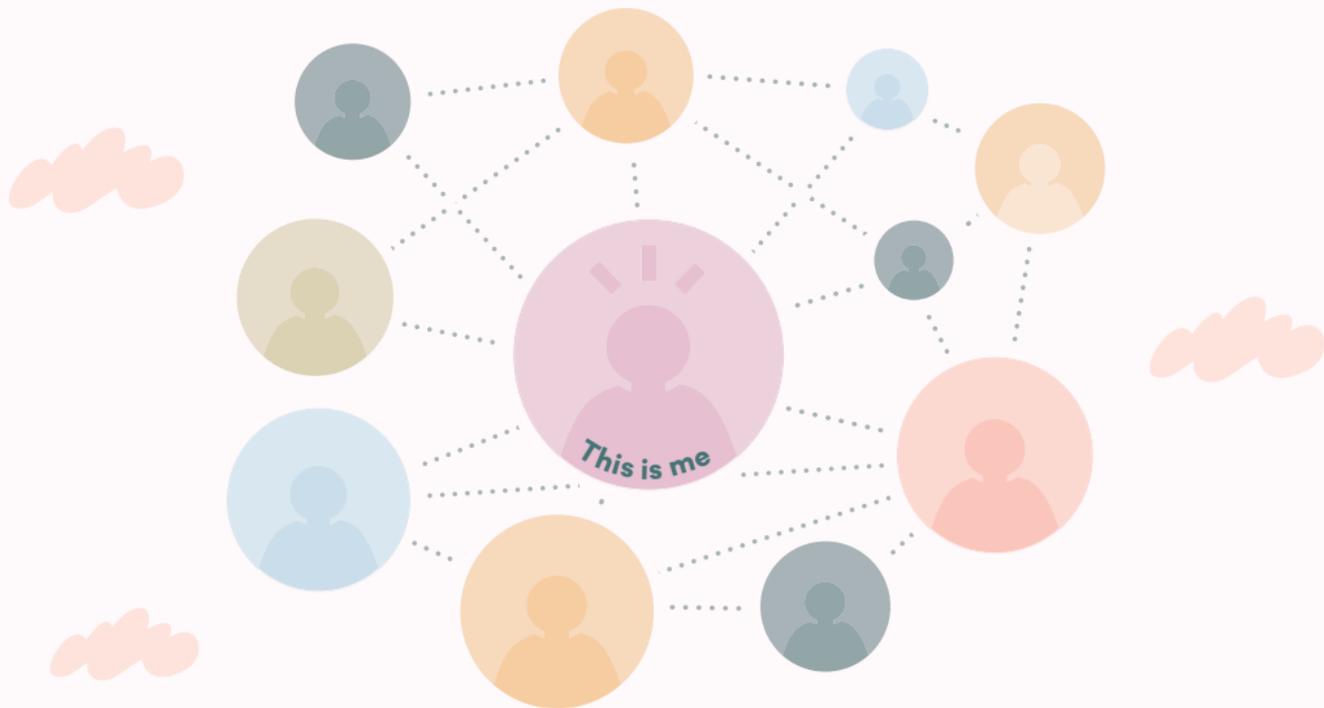
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Write the names of people you can speak to in the circles.

# Find your rhythm

It is important to find the revision techniques that work for you and build a plan of action that supports you. Sometimes it can feel a little overwhelming to know where to start.



Read these **tips** on how to get started with revision.



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# Prioritise your wellbeing



Remember to keep things balanced!

There are many things we can do to look after our wellbeing. It is important that, even when you are experiencing higher levels of stress, you keep these protective factors in place.



For example, sleep is essential to our health and wellbeing. Although it can be tempting to cram in revision throughout the hours of the day, our brains need sleep to process the information. Lack of sleep will affect concentrations levels and the ability to learn new information.



# I will look after my mental health and wellbeing by...



**GETTING  
MORE AND  
BETTER SLEEP**

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**LOOKING FORWARD  
TO THINGS**

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**HELPING  
OTHERS**

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**UNDERSTANDING  
AND MANAGING  
MY FEELINGS**

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**SPENDING  
TIME IN GREEN  
SPACES**

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**BEING PHYSICALLY  
ACTIVE**

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**EATING HEALTHY  
FOOD**

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**BUILDING AND  
MAINTAINING  
HEALTHY  
RELATIONSHIPS**

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# Step away from your books

When planning your revision, remember to protect time to do the things you enjoy and support your mental health and wellbeing.

By having moments to look forward to, where you can relax, you will feel ready to refocus when you returning to studying.



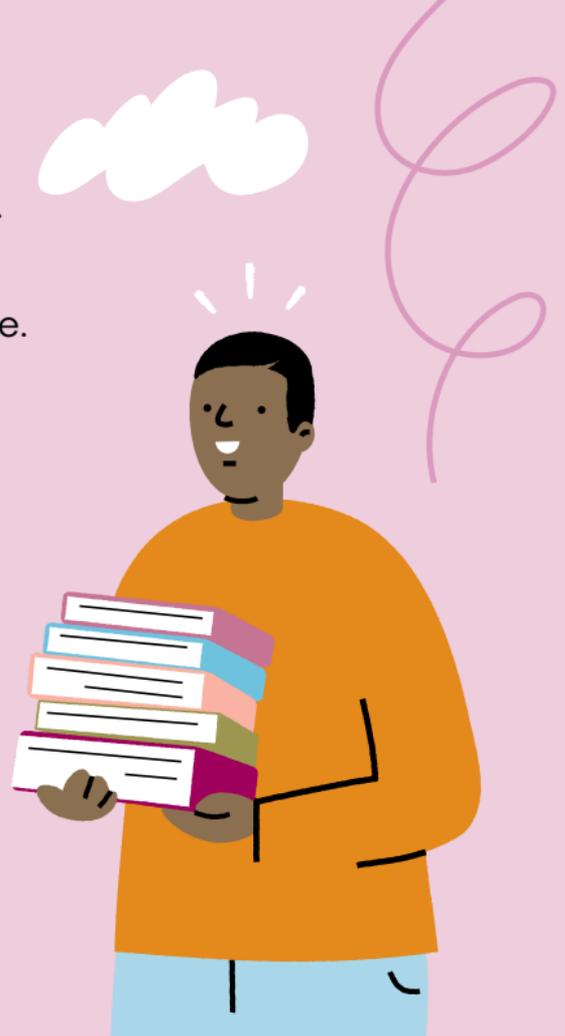
Use these **tips** on setting revision timetables to protect time for your wellbeing.



# Focus on the bigger picture

There are many things that make you, you. Exams are one experience we go through. Keep going. Stay positive. Hold perspective.

Once you have finished an exam, move on. It is easy to think about what answers you gave, what you didn't include and comparing with others. Reflection at this point is likely to cause more stress and anxiety and distract you from your next focus.



# People who will listen



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## Shout

Trained Shout Volunteers are here for you if you need to talk, 24/7.

Text **SHOUT** to **85285**

## Samaritans

If you need someone to talk to, Samaritans Volunteers are there to listen, 24/7.

Call **116 123**

## Childline

If you need support, a trained counsellor is available to listen, 24/7.

Call **0800 1111**

