

# Exam Stress



What is stress?

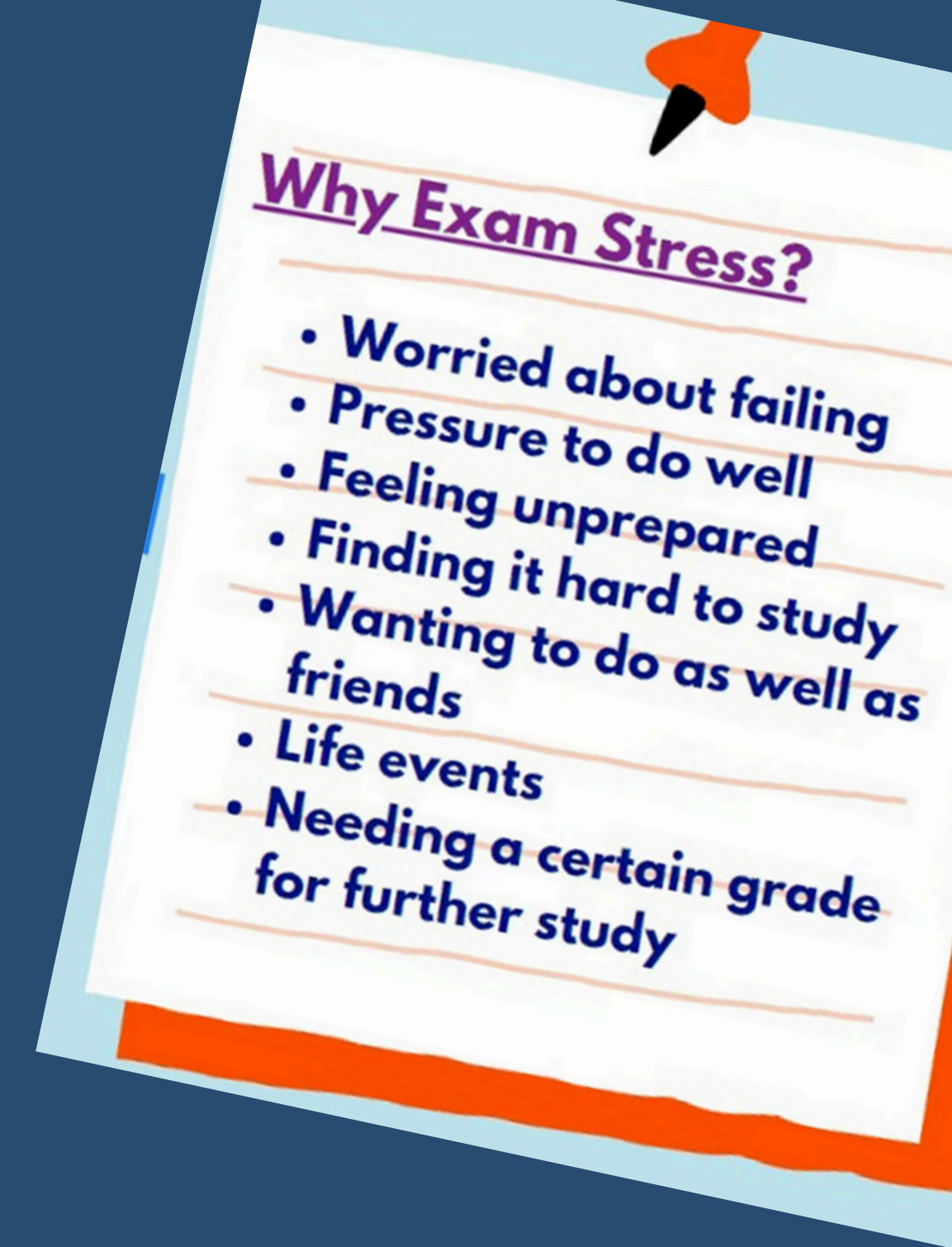
What does exam stress look like for me?





# STRESS

- Stress is the body's reaction to feeling threatened or under pressure
- It's very common.
- In short bursts it can be motivating to help us achieve at school/work or home.
- stress can become unhelpful if we experience it for longer periods of time. this begins to affect our health and wellbeing.



# Stress -the science bit

When we feel stressed, our bodies react by releasing hormones such as adrenaline and cortisol

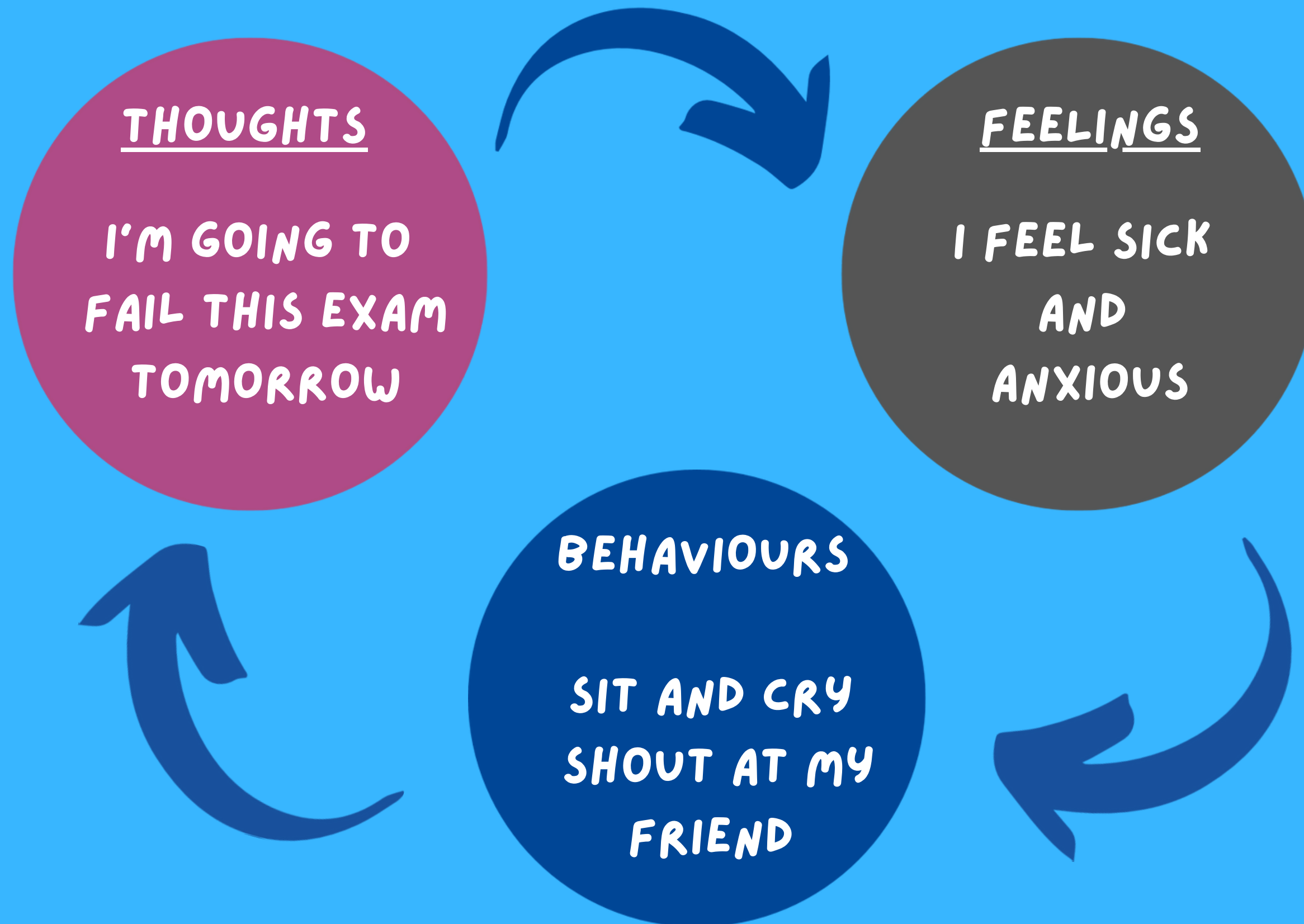
This is our body's way of detecting a potential threat and trying to protect us.

This leads to a process called Fight...Flight...Freeze...FLOP response which is triggered in stressful situations.

**RECOGNISE THE EARLY WARNING SIGNS!**



# THE POWER OF OUR THOUGHTS



# CHALLENGING NEGATIVE THOUGHTS

## WHAT WOULD I SAY TO A FRIEND?

TAKE IT TO THOUGHT  
COURT

WILL THIS MATTER..

IN A DAY?  
IN A WEEK?  
IN A MONTH?



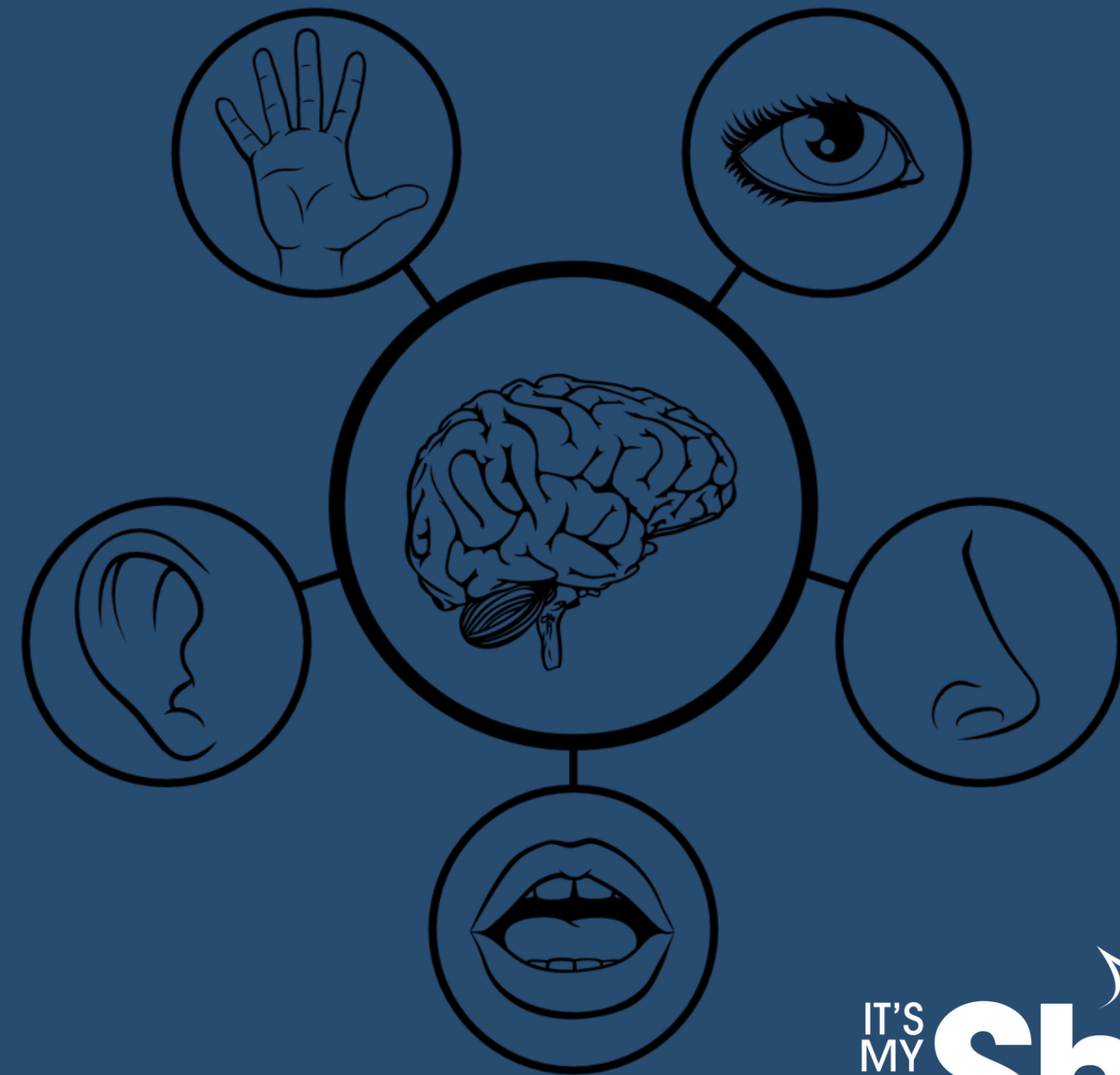
**EVIDENCE FOR**

**EVIDENCE AGAINST**





# MANAGING PHYSICAL SENSATIONS



# EXAM RUN UP

LOOK AFTER  
YOURSELF

STRIKE A  
BALANCE

BE ACTIVE

# REVISION

TIME  
MANAGEMENT

REALSITIC  
GOALS

REWARDS



# COPING WITH STRESS

MAKE A PLAN



CREATE A REVISION  
TIMETABLE

KEEP IT REAL

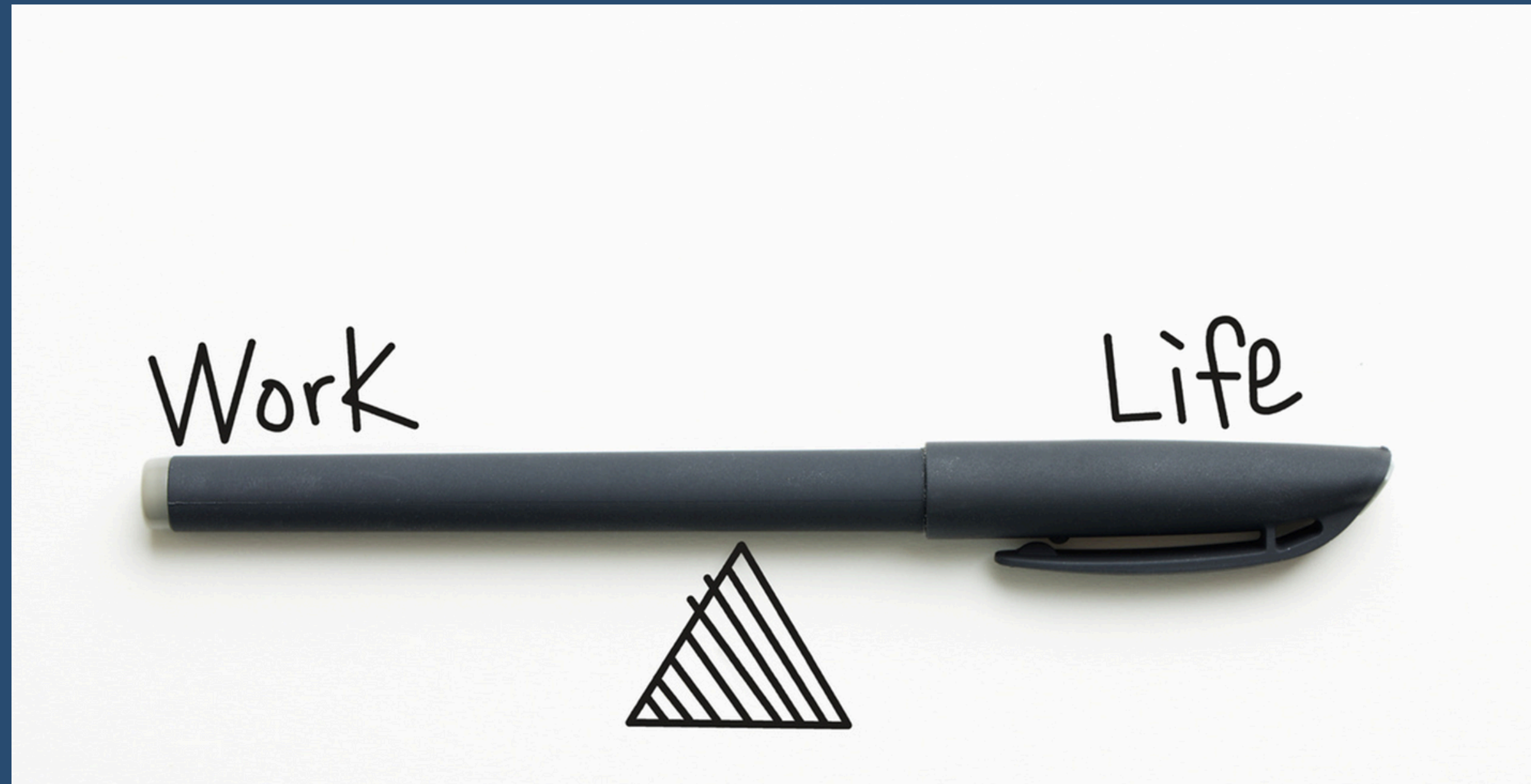
# DURING EXAMS

BE  
PREPARED

RECOGNISE  
EARLY  
WARNING  
SIGNS

TAKE  
CONTROL

# GET THE BALANCE



FIND YOUR BALANCE- TAKE TIME OUT OF STUDYING TO RELAX, SEE FRIENDS, AND  
DO FUN ACTIVITIES

# IDEAS FOR SELF CARE

LISTEN TO MUSIC  
TAKE A SHOWER  
TALK TO A FRIEND  
WATCH A MOVIE  
READ A BOOK  
GO FOR A WALK  
RIDE YOUR BIKE  
EXERCISE  
PLAY WITH YOUR PET  
STRETCH YOUR MUSCLES  
DO YOGA  
MEDITATE OR PRAY  
TALK TO A FRIEND ON THE PHONE  
GO THE PARK WITH A FRIEND\*  
GO SHOPPING  
GET A HAIR CUT  
TAKE A NAP  
PLAN AN OUTING WITH FRIENDS  
GO FOR A JOG

Take care  
OF  
YOURSELF

\*LET SOMEONE KNOW WHO YOU ARE WITH

**Thank you - any questions?**

