

Feeling worried about exams?

Tips to Cope with Anxiety

Top tips from Mind Mental Health on how to tackle anxiety. Visit this link for lots of tips.

www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care/

Revision Tips

- Use flashcards as a proven effective way to test your knowledge
- Revision is most effective when done in smaller time frames. Try revising for 25 minutes, then having 5 minutes off - and repeat this - rather than trying to revise for hours on end!

www.bcu.ac.uk/exams-and-revision/best-ways-to-revise/best-revision-techniques

Grades are important, but so are you!
Remember to look after yourself during this exam period.



Don't neglect the basics!

Make sure you don't forget to look after your physical needs when you are preparing for exams - looking after yourself will help you be on top form for taking your exams!

- Sleep: www.teensleephub.org.uk/
- Food: www.nutrition.org.uk/nutrition-for/teenagers/
- Exercise: Try and get out for either a walk or to play some sports each day!

Reach out to support systems

- School pastoral team
- Friends and Family
- Pause: A mental wellbeing drop-in service for anyone under 25 in Birmingham with a GP www.forwardthinkingbirmingham.nhs.uk/pause
- Kooth: An anonymous online mental wellbeing support service www.kooth.com/
- Grounded Café: Community hub offering mental health support www.groundedcafe.co.uk/