

## mywellbeing for students support programme

Working towards and preparing for your exams can make you feel very worried and stressed.

People often deal with exam stress in many unhelpful ways, such as ignoring the problem, not revising because they think that they will do badly anyway and missing exams due to the anxiety that they are feeling. It can also be really easy to think that if you don't try and then you fail, you won't feel as bad as if you fail after trying really hard. This is an unhelpful way of thinking as it means that you will be limiting your chances of doing really well!!

You cannot avoid the pressure that you are under to pass your exams and assignments but the way you handle this pressure is in your own hands. Pressure is an external force while stress is something you create within yourself, it is how you think about the exam or assignment and then the emotions you attach to this feeling. There are things you can watch out for in the way you are thinking about the exams that will help you handle the pressure better and help yourself.

### ADDITIONAL SUPPORT



Help with exam stress

mymentalwellbeing

talkhealth provides a free mental health support programme called mymentalwellbeing. You can register your interest here.

### The Symptoms of Stress

#### The physical symptoms of stress include:

Your heart beating quickly • A dry mouth • Sweating • Difficulty sleeping • Problems concentrating  
Problems concentrating • Shaking and butterflies in your stomach

#### The emotional symptoms of stress include:

Feeling overwhelmed • Irritable and "wound up" • Anxious or fearful • Lacking in self-esteem  
Racing thoughts • Constant worrying • Difficulty concentrating • Difficulty making decisions

### How to help yourself cope

If you find that you are experiencing some of the symptoms above do not ignore them. Try some of the following things to help you cope with how you are feeling.

#### Keep Perspective:

Exam success does not define you as a person • Think about how far you have come and how well you have done to get here • Once the exam is over don't dwell on it try to forget it and move on

#### Get Organised:

Know when your exams are and work to this deadline • Work out how many marks you need to get for each exam to pass • Break revision down into small chunks and make a revision timetable and a plan  
Protect your free time – you need time to rest and relax

#### Be Revision Wise

Try and get enough sleep • Take breaks every 35/40 minutes  
Get up in your break and move around • Get some exercise every day  
Stay hydrated and eat properly – avoid or limit alcohol during this time

### FURTHER INFORMATION

Click here if you would like to see the latest:

- ✓ Freebies
- ✓ Samples
- ✓ Trials & Surveys




From talkhealth

## Friends and fellow students

Sometimes it can be really helpful to be with other people who are going through the same experience as you as you can support each other. If you have friends who are supportive then talk to them about how you are feeling and maybe even revise together. Be careful though as if you are with other students who are feeling more stressed than you are it can be very unhelpful and make you feel worse!

### ADDITIONAL SUPPORT

 How to cope with exam stress

 Visit our **Ask the Experts** online clinics and speak directly to experts

### On the day of the exam



- Try to get enough sleep the night before



- Eat a proper meal and make sure you have drunk enough water, limit caffeine
- Try to do something relaxing the hour before the exam



- Leave yourself lots of time to get to the venue
- If you are feeling very nervous ask someone to walk to the exam venue with you
- When you sit down take a few deep breaths and relax your shoulders and jaw
- Have a clear plan of how you are going to use your time in the exam

### If things really start to get on top of you!

Don't suffer in silence talk to your tutors about how you are feeling, they will understand and will have supported other students before you. Every university has a counselling and student healthcare team and you will be able to find their contact details online. Don't be afraid to reach out to them, that is what they are there for and they will be able to offer you support and advice.

## Organisations that provide support for you

### Samaritans

Confidential support for a crisis

116 123

lines open 24/7

samaritans.org.uk

### Mind

Support people with all types of mental health problems

03001233393

Mon - Fri 09:00 - 17:30

mind.org.uk

### University Mental Health Advisors Network

01865 264170

Mon - Fri 09:00 - 17:00

umhan.org.uk

next topic: *Sugar*

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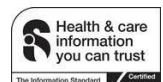
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