



Dealing with Exam Stress

Stress is a normal human reaction that happens to everyone. In fact, the human body is designed to experience stress and react to it. At times, stress can be positive, keeping us alert and motivated which is useful when dealing with important situations like tests and exams. However, when too much stress is experienced without relief periods or relaxation, it can become a problem. The links below offer some useful advice for both parents and students on how exam stress can be managed and reduced by planning revision, maintaining good health through sleep and nutrition and how students can talk about stress triggers with an adult or friend.

NHS: Help your child beat exam stress

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

Young Minds: Exam Stress – A guide for young people

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

BBC Bitesize: How to deal with exam stress

<https://www.bbc.co.uk/bitesize/articles/zsvcqh>

Student Minds: Exam Stress

<https://www.studentminds.org.uk/examstress.html>