



### **Coping with Exams**

Advice for Parents and Carers,

Exams are nearly upon us and many of our students may be feeling anxious. There will be lots of things that you can do at home to help your child revise and cope with stress. Most of them you will be doing already but exam time can be stressful for parents and carers too so here are a few tips and reminders plus links to other sources of help if you are finding things hard. The information here is taken from a number of sources including the NHS Choices website. <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

#### **Looking after the basics:-**

- Feed your child a healthy diet: plenty of fruit and veg and proteins will help keep their brain focussed
- Keep them hydrated – preferably with water and not sugary and/or high caffeine drinks
- Encourage them to take daily exercise, e.g. short walks, dancing or a sport Exercise gets oxygen flowing to the brain, which will help them relax and think clearly
- Encourage them to take breaks away from their revision to do things they enjoy and if possible to see friends. Having a break to play on the Xbox or to watch Netflix or whatever is a good idea if it helps them relax
- Help them get enough sleep, which means avoiding working too late into the night

#### **Being flexible:-**

- Everyone falls behind sometimes, and feel demotivated, overwhelmed and lost. Be quick to notice these signs in your child and offer help; don't make the situation worse by berating them or calling them lazy
- Be positive even if they aren't
- End every conversation on a good note
- Cut back on their chores to afford them sufficient study time
- Be as lenient as you can if your child gets angry or moody. Let them know you understand it is because they are feeling stressed about exams
- Offer praise and treats when they have reached revision milestones
- Have regular one on one conversation. Let your child talk more than you and be attentive
- Regularly enquire if they need anything of you
- Reassure them of your unconditional love whatever the outcome of the exams

## Further sources of information for students parents and schools

### APPS

Some young people may find downloading a **stress reduction app** helpful. Two are designed specifically to help with exam stress, covering revision and exam tips, relaxation exercises and ideas on how to stay calm if panic is rising. Both are free. Search the App Store for

- **Stressheads**
- **Exam Stress**



### WEBSITES

To help make sense of all the websites out there offering advice we have picked three that offer sound and practical help. Look them up and enter 'exam stress' into their search engines

- **The Mix** [www.themix.org.uk](http://www.themix.org.uk)
- **Radio One** [www.bbc.co.uk](http://www.bbc.co.uk)
- **Young Minds** [www.youngminds.org.uk](http://www.youngminds.org.uk)

**This website also offers a parent helpline number 0808 802 5544**



### SOMEONE TO TALK TO

Sometimes when the pressure is too much it can help to talk to someone

**Samaritans**

[www.samaritans.org](http://www.samaritans.org)



Call or text anytime of the day, any day of the year. They understand the stress of exams and will help you talk through your worries in confidence and for free

**116 123**

[jo@samaritans.org](mailto:jo@samaritans.org)

**Child Line**

[www.childline.org.uk](http://www.childline.org.uk)



Not just for children. They have some great stuff for young people up to age 18 including coping with exams

**KOOTH**

[www.kooth.com](http://www.kooth.com)



An online service providing information, one off help or counselling. Just register online and access help

And finally the Charlie Waller Memorial Trust have produced a series of leaflets on [GCSE Wellbeing Guides](http://www.gcsewellbeingguides.org) for students, parents and teachers. These can be downloaded or hard copies ordered from [www.cwmt.org.uk](http://www.cwmt.org.uk)

DIRECTOR OF PUBLIC HEALTH AWARD



