

# Managing the Stress of Exams

As we get closer to the exam season, sometimes the stress and pressure of forthcoming exams can overwhelm us all! As parents, it is helpful to be able to identify some of the signs of stress and have some practical strategies on hand to help your child through this stressful period.

## Spotting the signs of stress:

- Irritable
- Loss of appetite/increase in appetite
- Low mood and lack of motivation
- Struggling to sleep
- Headaches and stomach pains

## Top Tips for beating exam stress:

1. Help plan your child's revision with them and support them:  
<http://online.fliphtml5.com/okfun/kiag/>
2. Make sure that they are sleeping well (the NHS suggests that most 16 year olds need about 9 hours per night). Ensure that they stop working and do something to wind down at least 30 minutes before going to bed.
3. Help them to eat well by encouraging them to eat healthy snacks and drinking plenty of water.
4. Encourage them to take regular exercise, this could be as simple as taking the dog for a walk or cycling to school or college.
5. Sweat the small stuff, try to avoid additional stresses and conflict during this time- maybe allowing household chores to slide whilst they're focusing on study.
6. Talk to them - help them to understand that anxiety is normal and reassure them that failing isn't the end of the world. Stay positive and signpost them to teachers and resources that could help them study.

If you are really concerned about your child, contact your GP who will be able to advise.

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>