

Basic advice to reduce exam stress:

A quick search on the internet will provide the following basic advice on how to reduce exam stress:

- **Eat healthily**
- **Sleep well – set yourself a bedtime and 'lights out' and 'games off' and 'phone off' – go to sleep!**
- **Get plenty of exercise – gentle regular exercise is good for you – go for a walk, run, bike ride, swimming etc.**
- **Relax – listen to gentle music (or music that makes you feel good!)**
- **Stay in touch with friends – maybe even go for a walk together, have some fun, laugh!**

In other words – look after yourself and keep a balance between work, rest and play! You are likely to be spending quite a bit of time revising so you need to pace yourself and establish a balance that works for you. Write it on your revision timetable if necessary.

Revising effectively will also help to keep stress levels down – you will be doing something practical that makes a difference.

Go to <http://bigrockcoaching.uk/exam-stress/reduce-exam-stress/> to get a selection of typical websites. These give the sort of advice you will see throughout the web so don't waste hours searching for others that basically say the same thing.

Keep things in perspective:

- Revision time begins whenever you start – but it only ends when you are sitting in the exam.
- Exam stress is both temporary and seasonal! After the exams your stress level will return to normal.
- Drink plenty of water – research shows that students do better in exams when their brain is well hydrated.

If you are already too stressed out – go to the stress busting tools and check on other things that you can do.