

## Exam time can be stressful – but on a positive note...

It is only a small part of your life and won't last forever!!

A small amount of pressure can be useful to keep you focused during exam time.

## **Relaxation ideas to help with study**

Go out for a walk or run or do some other exercise that you enjoy.

Put on some gentle music, lie down, close your eyes and breathe deeply while visualising a calming scene such as a deserted beach.

Give yourself enough time to relax before you go to sleep. Reading a book or chatting to a friend for a while may help you unwind.

Visualise success as this can really help with self-confidence.

## **Ideas for exam day**

Work out and organise what you need to take with you into your exam the night before.

If you feel yourself getting anxious just before your exam then spend some time focussing on your breathing. Practise beforehand (it could be as you lie down in bed) so that you learn how to slow down your breathing. Breathe in to a count of three and then breathe out to a count of three. Repeat this steadily for a few minutes.

On exam day, keep away from other people who may be feeling anxious or who may say unhelpful comments that make you feel more anxious.

When you first sit down to do your exam, take time to slow your breathing and relax.

Read through the exam paper carefully noting key words and instructions. Work out how long you have for each question or section.

Watch out for the wording of questions – make sure that you answer what is being asked.

Work on the questions that you find easiest first.