

TOP TIPS TO REDUCE TEENAGE EXAM STRESS



TOP TIP TO BEAT EXAM ANXIETY AND STRESS

1

**CREATE A SUITABLE STUDY
SPACE FOR YOUR TEENAGER**

**ENCOURAGE A BALANCED
STUDY ROUTINE**

2

3

**REDUCE EXTERNAL STRESSORS
FOR YOUR TEENAGER**

**BOOST YOUR KIDS CONFIDENCE,
SELF-ESTEEM, SELF-WORTH**

4

5

**ENCOURAGE TIME OUT,
TIME FOR PLAY**

**REDUCE TECHNOLOGY
OVERLOAD, SWITCH OFF**

6

7

**TEACH THEM HOW TO
MEDITATE AND RELAX**

**HELP THEM GET DEEP
QUALITY SLEEP**

8

BEAT EXAM FEAR WITH THESE 7 TIPS

1. Believe you can do it.
2. Prepare well and be on time.
3. Do not compare yourself to others.
4. Ban negative thoughts from your mind.
Instead have a positive mantra and repeat that in your mind.
5. Ignore any previous negative exam experiences. You live in the present and that is what counts.
6. Have a good night sleep before the exams and eat healthily.
7. Do imagery exercises the days leading up to the exam seeing yourself succeeding.

Do you want more tips?



TIPS TO AVOID SLEEP WHILE STUDYING

LIFELONG PUBLISHING

- Study in a well-lit area. Bright light helps suppress melatonin, the sleep hormone.
- Keep the room cool but comfortable. A slightly cooler environment can improve alertness.
- Find a quiet place to study, silence your phone notifications, and avoid multitasking.
- Dehydration can lead to fatigue. Sip water throughout your study session.
- Choose brain-boosting snacks like nuts, fruits, or yogurt. Avoid sugary treats that can cause a crash.
- Get up and move around every 30-60 minutes. Do some stretches, jumping jacks, or take a walk outside for fresh air.
- Don't just passively read. Take notes, summarize key points, create flashcards, or explain concepts out loud.
- Alternate between different study tasks to keep things interesting.

BEAT EXAM STRESS



GET SOME SLEEP

If you go to bed feeling anxious, you'll find it harder to fall asleep. Avoid starting a new chapter of revision late in the day. Everything will still be there in the morning when your mind is fresh



DON'T AVOID TOPICS YOU DISLIKE

If a particular subject is causing issues, don't dwell on it for too long but don't forget about it completely. Changing your study environment or talking through it with someone can work wonders



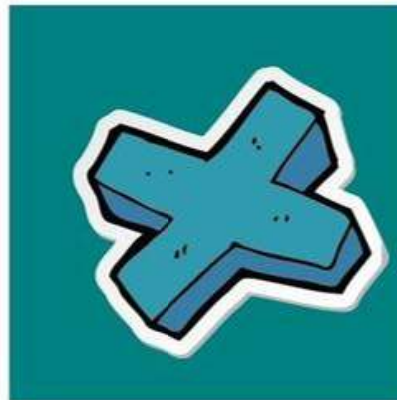
FUEL YOURSELF EFFECTIVELY

Snacking on junk food while revising is all too easy, but won't do you any good. Brain foods like blueberries, avocados and salmon aid memory function. Also, don't be tempted to overdo the caffeine- too much can have negative effects



FLEX YOUR MIND AND BODY

Any form of exercise is good during exam time. Yoga is particularly good at stimulating your brain to produce chemicals to control calmness. Deep, slow breathing techniques can aid relaxation. And even a few daily minutes of mindfulness can stop you feeling overwhelmed



AVOID NEGATIVE VIBES

Avoid being a sounding board for moans from your friends-a "who's more stressed?" contest will do neither of you any good. Tune your TV to a comedy series rather than a news bulletin



SCHEDULE IN A TREAT

Have something other than a single track focus on exam day. Book in a break away with friends that you can start looking forward to.