

# Exam Stress Resources

## Further Support

Clear Fear – App

Stop Think Breathe – App

<https://www.annafreud.org/on-my-mind/self-care/>

Text AFC to 85258

Call ChildLine on 0800 1111

Crisis Number – 111 option 2 (from 5<sup>th</sup> April)

## Things to Remember

Stay connected to people

Take regular breaks

Get out in fresh air

Eat well

Keep drinking

Plan fun activities

Keep a routine

Check in on a friend

Get a good amount of sleep

**Reward yourself!**

## Techniques

### **Distraction:**

- Naming something for every letter of the alphabet
- Counting backwards from 900 in 3's
- Finding 3 things that are the colour \_ in a room
- Counting how many rectangles are on the floor

### **Grounding:**

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can/like to smell
- 1 thing you can/like to taste

### **Breathing:**

- Breathe in for 4 seconds, hold, breathe out for 4 seconds, hold
- Lazy 8/Infinity Breathing

### **Thought Challenging:**

- Worst case scenario vs best case scenario vs realistic scenario
- What would you say to a friend or family member who had the same thought?
- Is this thought a fact?

## Links

[Study-life balance - BBC Bitesize](#)

[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

[Exam stress - The Mix](#)