



A GUIDE TO.....

EXAMS FOR PARENTS AND STUDENTS

Welcome to the first issue of 'A guide to', an informative guide offering advice and support to navigate exams, whether that be exam preparation, or combatting those exam nerves.



Whilst having some nerves and anxiety around exams is ok and perfectly normal

it becomes a problem when it starts to affect other areas of day to day life such as sleeping, eating and going out with friends.

Self-care is a really important tool to make sure that both your physical and emotional needs are being met, especially in times of heightened stress and anxiety. Taking time for yourself is really important and taking time to do something you enjoy every day for 10-15 minutes will make the world of difference.

Mindfulness activities are also a great way of tuning out the 'noise' and focusing on things in the here and now. It is really effective when you feel particularly anxious as it allows your mind to settle.



Below you will find links to some really good websites that will provide lots of information for parents about supporting a young person with exam stress and also how students can support themselves.

There is information from Young Minds (a great resource for all things mental health), The NHS and the Government website all with strategies and information that we think you will find useful. We have also included some links to self-care and mindfulness activities to support your mental wellbeing throughout the exams.

[Parents' Guide To Supporting Children At Exam Time | YoungMinds](#)

[Help your child beat exam stress - NHS \(www.nhs.uk\)](#)

[What Is Self-Care? | Self-Care And Mental Health | YoungMinds](#)

[Mindfulness exercises and tips - Mind](#)

[Coping with exam pressure - a guide for students - GOV.UK \(www.gov.uk\)](#)

'Believe you can and you are halfway there - Theodore Roosevelt'