

FEELING OVERWHELMED BY EXAMS? YOU'RE NOT ALONE.

Here are some things that might help

What you might be feeling:

Exam anxiety can show up in different ways. You might notice:

- Stomach aches or feeling sick before an exam
- Headaches
- Feeling lightheaded or dizzy
- A racing heart
- Feeling shaky
- Fatigue or difficulty sleeping in the lead-up to the exams
- Your mind going blank, even when you know the material

These feelings are **real**, and they are **more common than you think**.

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In the moment: things to try

Breathe. Try breathing in for 4 counts, holding for 4, and out for 4. Repeat a few times. This can help calm your body's stress response.

Ground yourself. Look around and name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste. This can help bring you back to the present moment.

Remind yourself. One exam does not define you. You have prepared, and you are doing your best. That is enough.

Take a break. If you are feeling overwhelmed, it is okay to step away for a few minutes. Let a member of staff know how you are feeling.

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Talk to someone

You don't have to manage this on your own.
You can speak to:

- A trusted teacher or form tutor
- Your school's pastoral team or counsellor
- A parent or carer

If things feel really difficult, you can also contact:

- Childline: 0800 1111 (free, 24/7)
- Young Minds: [youngminds.org.uk](https://www.youngminds.org.uk)

Remember:

Asking for help is not a sign of weakness: it's one of the smartest things you can do.