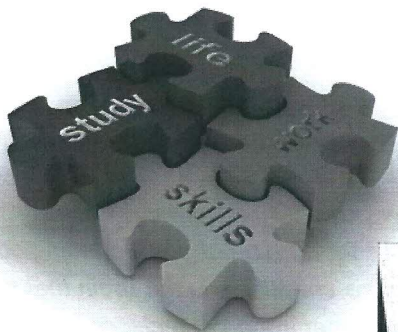


Coping

With

Exam Stress



Take the stress out of Exams

Stress is not all bad. Certain amounts of stress can assist in motivation and performance. **Too much Stress** can cause inability to concentrate and illness. The following are some tips to help you reduce and control your stress levels at exam time:

Preparation

- ✓ Plan & prepare **DON'T** leave things till the last minute.
- ✓ Get a copy of the exam timetable from your school and
- ✓ plan your revision schedule.
- ✓ Identify and prioritise what's most important..



Time Management

- Set out a detailed revision plan for yourself.
- Make sure that your time is appropriately balanced
- Study / Revise in segments of **30 minutes** with **10 minute breaks**. Failure to do this will result in little or poor retention
- Walk around, **stretch** your muscles.



TIME OUT—Exercise - Start today!

- Exercise is fantastic for burning off and reducing stress. It also releases neuro-chemicals in the brain that makes us feel good, aids concentration and clears the head.

*Go for a 30 minute brisk **walk/cycle/swim** each day— start today!



Diet

- ✓ To maintain good mental and physical health you must eat properly.
- ✓ Skipping meals and erratic and irregular eating is **dangerous** and damaging.
- ✓ Limit your intake of **caffeine** (Coke, Coffee, Tea, Chocolate) and **high sugar foods**.
- ✓ Nicotine and caffeine can bring on jitteriness and irritability.



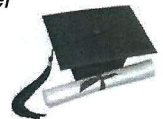
Relaxation

- Set aside time to **relax and unwind** - listen to music, have a bath, go for a walk!
- If your stress levels are up, try some relaxation techniques, such as **breathing exercises** or muscle relaxation. These are very effective in calming your system down and clearing the mind.



Remember.....

- While extremely important, **it is only an exam**, not a measure of your worth as a person.
- Become aware of your attitude and self-talk - Worrying is pointless and exhausting. Research shows that 92% of what we worry about never happens
- **Keep in mind** what you want to achieve after you leave school / college.



Help

- *If you find that you are unable to cope, talk to someone who can help - friends, parents, mentor.*
- *Often all we need is support or help to get things into their proper perspective.*
- *don't keep it to yourself.*
- *If friends or family can't help, talk to a professional - these can be accessed through your School, GP, Youth Services, Helplines etc.*

USEFUL WEBSITES

www.spunout.ie

www.examinations.ie

www.cao.ie

www.helpme2parent.ie

Www.reachout.com

www.studygs.net

www.tv3.ie- fyistudystation&tv3



**Youth Information Centre
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Website: ncycs.ie

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