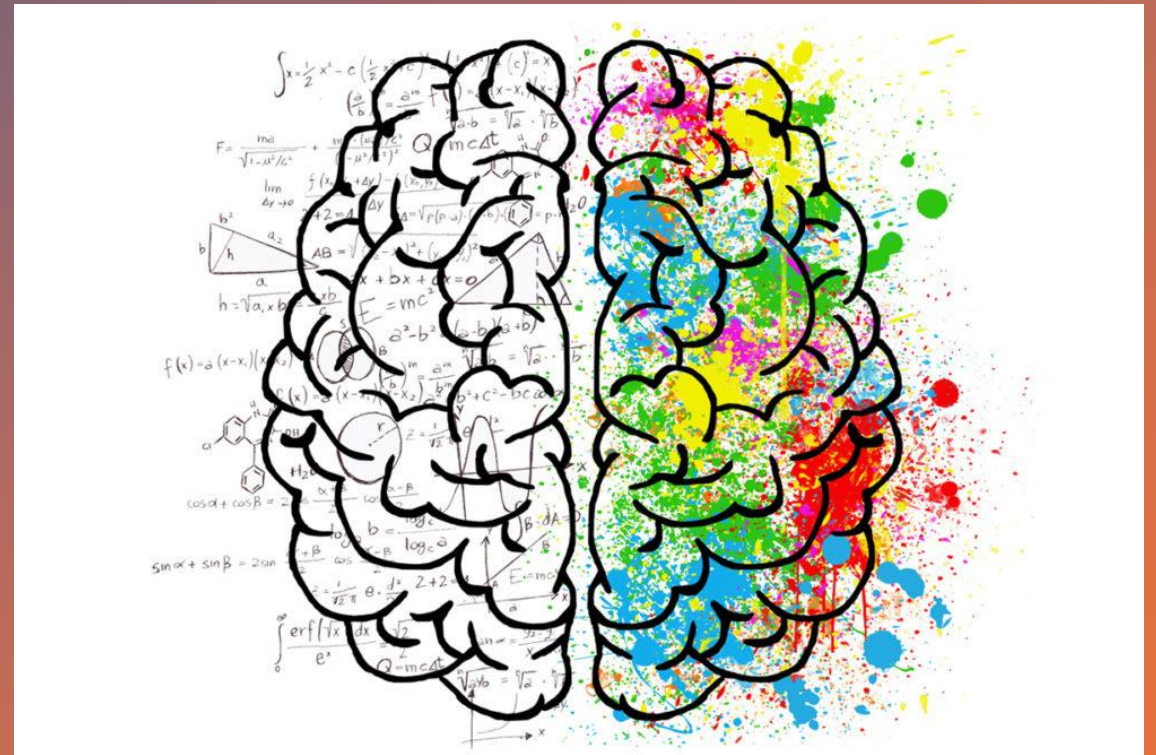


# Managing Exams



# Identifying triggers and making a plan.

Am I failing exams?

How do I prepare for sitting an exam?

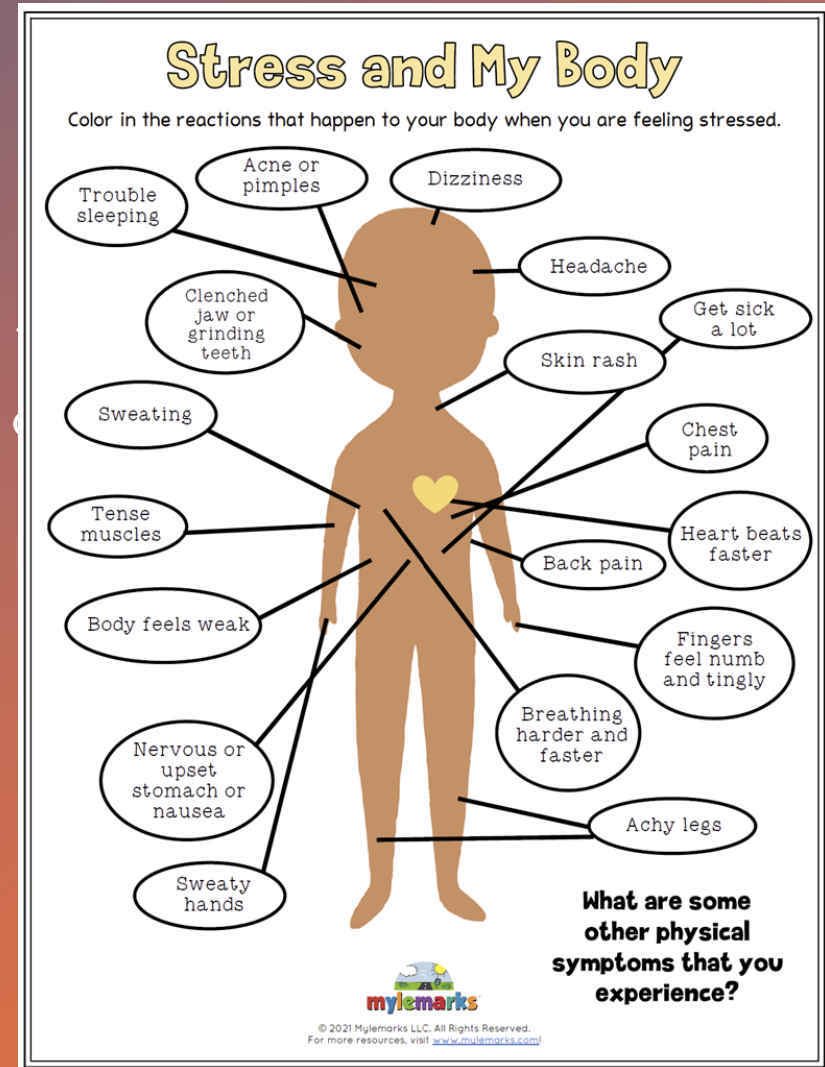
How do I manage my life around exams?

What will the future look like?

How will my friends do compared to me?

What happens if I don't get the grades I want?

## What can stress look like for us



# CIRCLE OF CONTROL



Focus your energy on things you **can** control





What  
will  
help....

## Mind

- Plan of action
  - Identify the best time of the day for you
  - Lists
  - Set small achievable goals
  - Add in plenty of breaks
  - Talk to someone
- Make time for friends and family.
  - Get out for a walk with others.
  - Side by Side – Young Minds
- Recognising this will pass
  - These thoughts can not harm you
  - Think about your senses – sight, sound, smell, taste, touch.
  - Normalising exams – shows that it cares about exams.
- Learn something fun and new



What  
will  
help....

## Body

- Gym membership (Wyvern Gym £30 for 10 sessions)
- Yoga (Mrs Hamilton)
- Swimming / Walking
- Park
- Hydration and nutrition
  - Dark chocolate, berries, turmeric, eggs, avocado, leafy greens, nuts.
- Sleep Hygiene
- Familiarise yourself with the venue!
- Think about where to revise





What  
will  
help....

## Soul

- Relaxation –
  - meditation on Youtube
  - Colouring
- Breathing techniques
  - Box breathing
- Distraction techniques
  - Grounding
  - Distraction – lists
  - Visualisation
- Manifestation / positive self talk
- Self sooth box
- Apps and calming fidgets

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<https://www.youtube.com/watch?v=6am3OS-Ejzk>

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**For more useful info click on this link**  
**[Student Wellbeing - Wyvern College](#)**