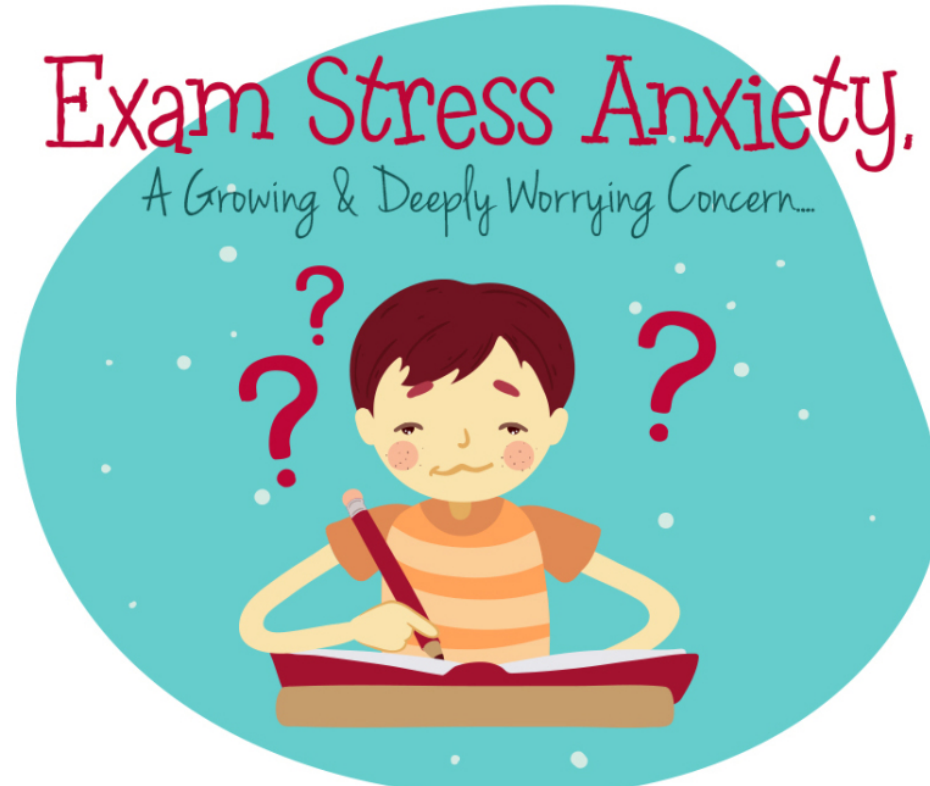


# “Stress & Anxiety”

Supporting your son / daughter during their examinations

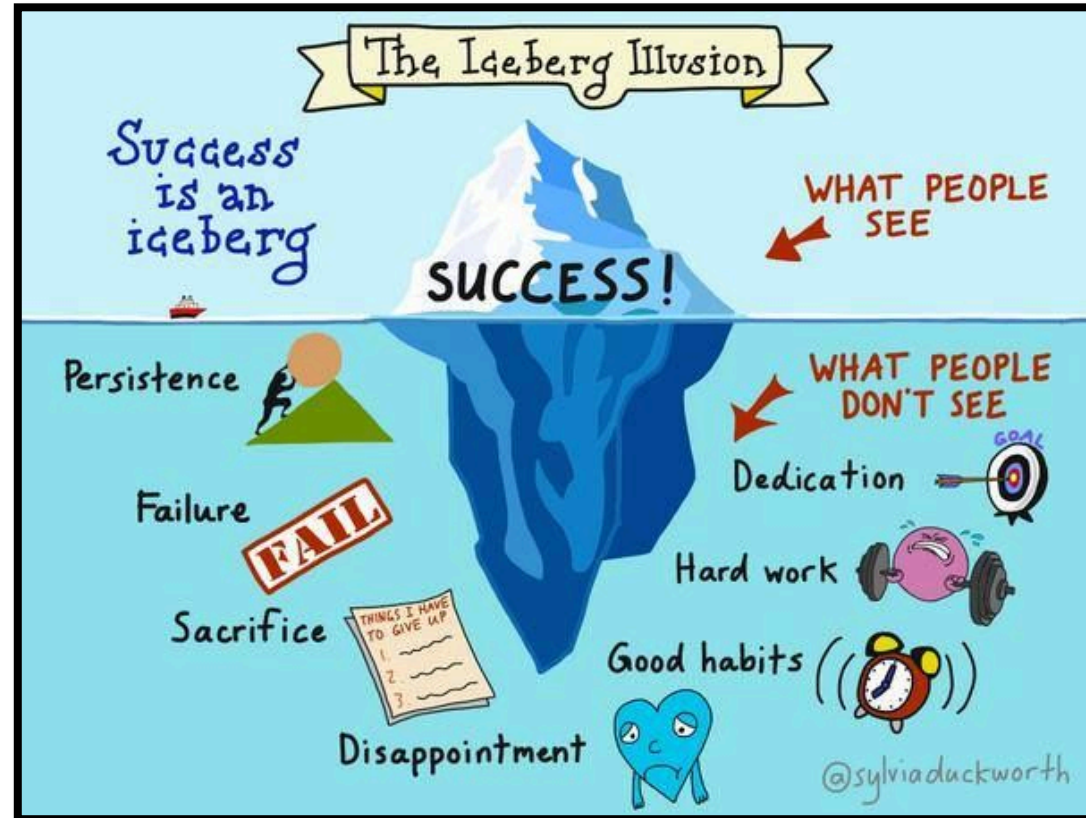


*Exam Stress Anxiety,  
A Growing & Deeply Worrying Concern...*



# Challenging times

- Exams can be a challenging part of school life for young people and their parents or carers. But there are ways to ease the stress.



# Signs and symptoms

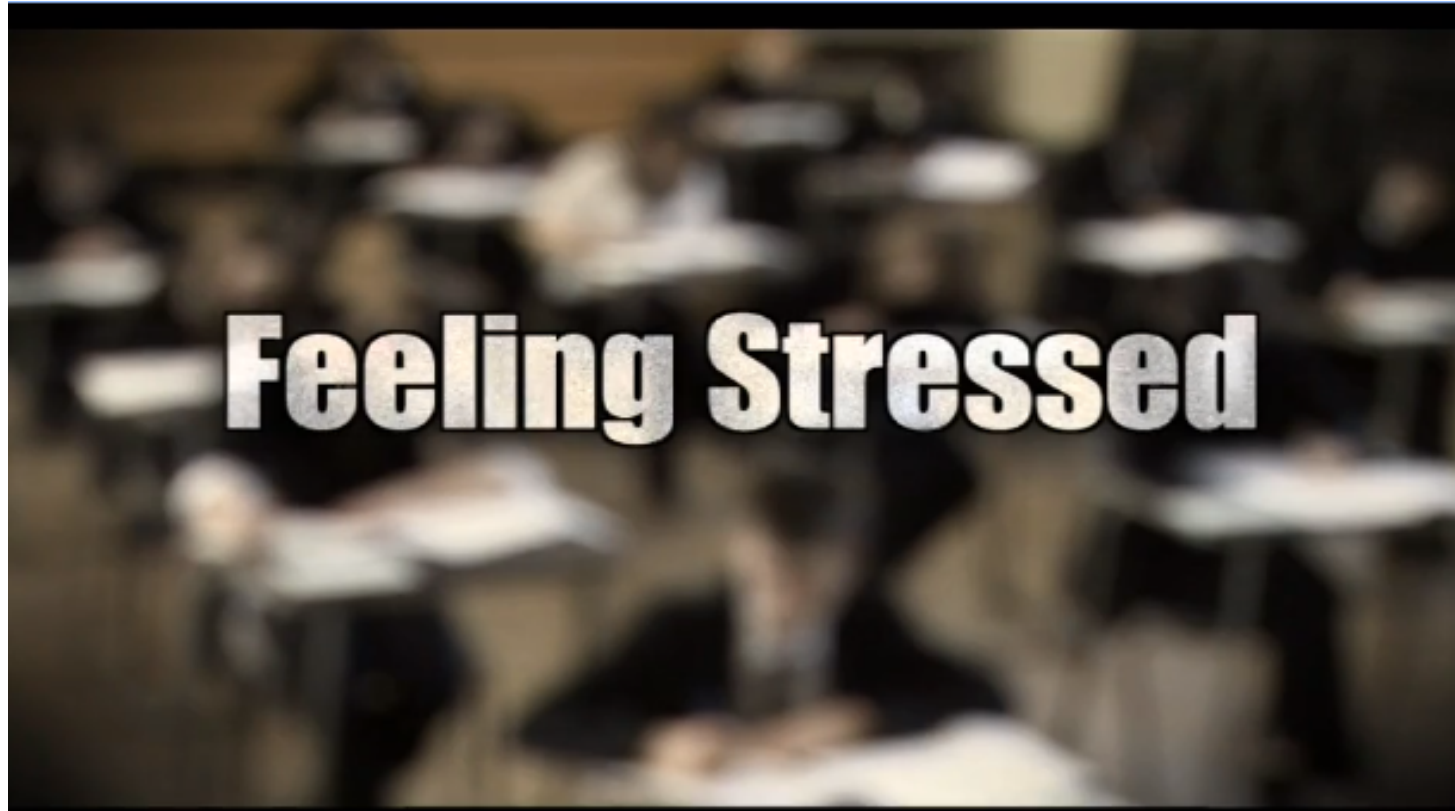
*When young people :*

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleeping well
- being irritable
- lose interest in food or eat more than normal
- not enjoying activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future



# Coping with Exams

- <https://www.youtube.com/watch?v=TTFMUufEcrw>



# Tips for success

1. Make sure your child eats well
2. Help your child get enough sleep
3. Be flexible during exams
4. Help them to study
5. Talk about exam nerves
6. Encourage exercise during exams
7. Don't add to the pressure
8. Make time for treats
9. When should we get help?

