

## **Managing stress during the exam season**

Taking exams can be very stressful because of what is at stake. Pupils may be feeling the weight of expectation from family or school to succeed and that can lead to feelings of being afraid you're not good enough, or that you haven't worked hard enough.

If stress levels are raised for too long it can be harmful both to you and your chances. Everybody's stress 'threshold' is different; however, stress can work to your advantage because it can help you produce your peak performance if it's kept at manageable levels.

Being organised and good planning can help reduce stress, and there are also breathing and relaxation techniques that can be helpful and can be found on the NHS website [www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx), and others such as [bemindful.co.uk](http://bemindful.co.uk)

Below is a link to an excellent 3-minute video offering a method to help deal with worrying that's been clinically proven to be helpful.

[www.bbc.co.uk/programmes/p03rwr72](http://www.bbc.co.uk/programmes/p03rwr72)

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