



Wellbeing during Exam Time



Beat the Mental Stress

When you are feeling the stress – Get Talking!

Remind yourself that a certain amount of stress is motivational. Use the emotion to increase your performance.

Don't compare yourself to other people, everyone is different, will revise differently and handles the pressure differently. Focus on you.

Talk to your friends - They are there to help, talking to your friends will help you realise you're not alone and you can support each other.

Talk to your tutors, exams team or family. They will have a different perspective to you. They can help you problem solve and find practical solutions.

Revise with friends, this can be great as you keep up your social life and you don't feel isolated and alone.

Practice mindfulness and concentrate on your breathing.

Practical ideas to help with Stress and Anxiety

Stay organised with to do lists and study timetables – try and stick to schedules.

Take regular study breaks and have a dedicated study space if you can.

Set realistic achievable goals.

Get enough sleep.

Remember your health - eat well, stay hydrated and stay active.

Schedule in free time and treat yourself occasionally with an end of exams treat to look forward to.

Talk to people and take help if needed.

If you are worrying, struggling or feeling overwhelmed - speak to your tutors or the wellbeing service at Filton WellbeingService@sgscol.ac.uk or Stroud WellbeingServiceStroud@sgscol.ac.uk or alternatively if you are worried about the exam arrangements please contact us in the exams departments and we are happy to help answer any of your exam questions and support you exams.stroud@sgscol.ac.uk, exams.filton@sgscol.ac.uk