



Mental Health in Schools Team Tips For Wellness



Preparing For and Managing Exams

Exams can be a challenging and stressful period for young people. This can affect their mood, sleep, and confidence. Your young person may feel overwhelmed by expectations—both from school and themselves. Offering understanding and emotional support is just as important as helping them study. As a parent, your support plays a vital role in helping them manage the pressure and perform at their best.

Our top tips for preparing for and managing exams:

- 1. Create a Supportive Environment-** Help your young person to find a quiet and comfortable space to study. Try to keep this space calm and distraction free during revision times.
- 2. Be realistic and Positive-** Keep focus on effort over results, praising your young person for their hard work and effort, not just their grades. Stay calm and encouraging, even if they are feeling negative or frustrated.
- 3. Help with Planning-** Support your young person to create a revision timetable. It will be useful to help them to break revision into manageable chunks with a variety in subjects to keep things fresh and engaging. Make sure the revision timetable includes regular breaks.
- 4. Stay Connected-** Check in regularly about how they feel. Listen without judgement, validate their feelings, and remind them it's okay to feel anxious. Let them know you are available to listen when they want to talk things through. Look out for signs of stress such as changes in sleep, appetite or mood.



NHS- Help Your
Child Beat Exam
Stress



Young Minds- Exam
Time Support for
Parents

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.