



Mental Health in Schools Team Tips For Wellness



Tips for preparing for and managing exams

The pressure to do well in exams can be overwhelming, but it is natural to feel stressed because this is your body's response to pressure. Stress can help you to get things done, but it can also negatively impact people, so it is important to be aware of this during the exam period. As adults, it can be difficult to know what we can do to support our children and young people during this time, so please see the tips below for some suggestions:

Our top tips:

1. **Talk** – it is important to initiate conversations with your child, and to create a safe space to give them the opportunity to offload any worries or concerns they have about exams. Make sure to find out their expectations, as these may differ to your own!
2. **Do not compare to others** – ensure that you and your child focus on what works for them. It is easy to look at what other people are doing to prepare for exams, but this may not work for your child. Encourage them to try out different techniques.
3. Try using a **breathing exercise** if your child is feeling overwhelmed. Repeating this regularly can help them to feel calm. See the QR code below for further information.
4. Encouraging a **positive study-life balance**. Ask your child to try creating small, manageable goals with their revision, and try using **rewards** to increase motivation. For example, you could ask your child to create a list of activities they find fun or relaxing, such as taking a long bath, spending time with friends or watch a good movie once they have reached their goal.

Remember: rewards do not have to be monetary!

Supporting your child with exam stress



Breathing techniques for your child



Revision technique tips



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.