

### **Helpful Tips and Ideas for Coping with Exam Stress**

Staff at Brighton and Hove Clinic School have produced some helpful tips and ideas to help young people cope with exam stress during the exam period.

- **Be SMART**  
Set yourself small, measureable, achievable, realistic targets. In other words, break down topics into small chunks and do one task at a time.
- **Organise yourself**  
Find yourself somewhere quiet to study and set-up your study space. Make sure you have everything you might need and you have enough space to spread out.
- **Make revision active**  
Create mind maps to help you organise your thought and ideas and index cards and highlighter pens to help you remember key information.
- **Do past papers**  
Ask your teacher for past papers. Working your way through these will help you familiarise yourself with the types of questions you will get in your exam and ease any anxiety you may have relating to not knowing what to expect. Try to complete these under timed conditions so that you can plan how much time you can spend on each question.
- **Take time out**  
Have a pause in the day where you put down your books and relax. You could do 'comma meditation' where you focus on your breathing and the being present in the moment, or you could listen to music or go for a walk. Whatever you choose, it's important to take time out and have regular short breaks.

#### **And finally...**

- **Ask for help**  
It's really important that you talk to someone if you are having trouble with something or if you are feeling anxious. Try speaking to a teacher, friend, parent or sibling and tell them how you are feeling.

If you would like any further advice or support about exam stress go to:

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

Brighton & Hove Clinic provides specialist inpatient care and treatment for children and young people aged 12 -18 years old with an eating disorder.

Our expert multi-disciplinary team provide person centre care that is tailored to meet the physical and medical/mental health needs of each individual. We work actively with young people and their families, to empower them to manage their illness in the community.

**If you would like to know more about our specialist inpatient service or you would like make a referral, please call Beth Jerram Adams, Referrals Manager at Brighton & Hove Clinic:**

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