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Managing
Exam Stress

Practical tips and strategies to manage exam stress effectively, from recognising symptoms to maintaining a positive mindset and utilising support systems

What is exam stress?

Exam stress is the feeling of pressure and anxiety before and during exams.

Causes: Fear of failure, high expectations, lack of preparation, competition with peers.

Symptoms of exam stress

Physical: Headaches, stomach aches, rapid heartbeat.

Emotional: Anxiety, irritability, mood swings.

Behavioural: Procrastination, changes in sleep patterns, changes in appetite.

Study Smart

Create a Study Plan: Schedule study time for each subject.

Active Learning: Summarise, question, and teach others.

Practice Past Papers: Get familiar with the exam format.

Staying Healthy

Balanced Diet: Eat nutritious meals.

Exercise: Physical activity reduces stress and improves mood.

Sleep: Aim for 7-9 hours per night.

Deep Breathing: Inhale deeply, hold, and exhale slowly.

Mindfulness: Focus on the present moment.

Take Breaks: Schedule regular breaks to relax.

Positive mindset & Support systems

Break tasks into achievable steps.

Stay Organised: Keep your study space tidy.

Ask for help if you’re struggling

Study with classmates for support