

# Stress in Exams

## How can I help my child?

Exams are a stressful time for any young person. Mood swings and outbursts are more likely to occur during this period. Look out for other signs that your child may be struggling, including poor sleep patterns or a change in appetite or behaviour. It's worth preparing ways of supporting your child during exam weeks and thinking about how you will react and respond on the day if they don't get the result that they, or you, are hoping for.

These are things that can really make a difference:

- 1 Work with your child to find what revision style works for them.
- 2 Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- 3 Make sure they are eating and drinking at regular intervals.
- 4 Encourage them to take some time after revising to wind down.
- 5 Reassure them – reinforce that you are and will be proud of them no matter what happens.
- 6 Remain positive and hopeful!
- 7 Plan a treat or an activity together to mark the end of the exams.
- 8 Set aside one to one time so that they can talk to you about any worries.
- 9 Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- 10 Anxiety is often worst at night and this means it is useful to encourage good bedtime routine.
- 11 Work with them to develop relaxation techniques.
- 12 If anxiety and stress start impacting their day-to-day life seek help from your GP.

(<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-exam-time/>)

## **Where can I get help?**

### **The Mix**

- Provides a confidential helpline, email, webchat and telephone counselling service for young people under 25. Advice and information on support services for young people including counselling.
- Freephone: 0808 808 4994 (daily 13:00-23:00)

### **Student Minds**

- Supporting students to look after their mental health.
- Peer support programmes.
- Email: [info@studentminds.org.uk](mailto:info@studentminds.org.uk)

### **MindEd**

- MindEd for families is a website where you can hear about other parents' experiences and find clear, helpful guidance on children and young people's mental health and wellbeing.

### **Counselling Services**

- Beacon Counselling
- 0161 440 0055
- <https://www.beacon-counselling.org.uk/>

### **Exam Results Helpline**

- Specialist careers advice for helping young people and their families decide on options following GCSE, A Level and Nationals exam results days.
- Helpline: 0808 100 8000
- BBC Bitesize: The Mind Set
- Results: how to cope on the day