

# Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

- 1.** Always take a moment just to breathe, whether in the exam, before or after.
- 2.** Remember that school does offer support, just reach out and ask!
- 3.** Keep your work balanced. Spend time revising, but socialise and relax too.
- 4.** Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
- 5.** Break up revision with food and exercise to make sure you stay energised.
- 6.** Remember that results do not define you.
- 7.** Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
- 8.** Work to your own pace – everyone is different in how they work.
- 9.** If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
- 10.** Plan in some treats to reward yourself, and celebrate when it's all over!