

## Managing Exam Stress and Anxiety

Exams can feel stressful, but there are ways to make things easier. If you have SEND, you might find exams even more challenging—but with the right support, you can feel more confident and in control.

### *Recognising Stress and Anxiety*

Feeling worried or overwhelmed about exams is completely normal. You might notice changes in your mood, sleeping patterns, or appetite. Some people feel restless, frustrated, or find it hard to concentrate. If you're feeling anxious, it's okay to talk about it—whether with a teacher, parent, or someone you trust.

### *Creating a Calm Study Routine*

A routine can help you feel more prepared. Try to:

- Set small, realistic goals for each study session.
- Take regular breaks—moving around, listening to music, or doing something creative can help.
- Find a quiet, comfortable space to study.

### *Study Techniques That Work for You*

Everyone learns differently. You might find it helpful to:

- Use mind maps, flashcards, or voice recordings instead of reading lots of text.
- Study in short bursts rather than long hours.
- Ask someone to quiz you or explain things out loud to help you remember.

### *Staying Positive*

It's easy to focus on what's difficult, but try to remember:

- Exams don't define your worth. You are more than your grades.
- Focus on what you *can* do and celebrate small wins.
- Take deep breaths if you feel overwhelmed—breathing exercises or grounding techniques can help.

### *Getting Support from School*

Your school can offer extra help, like:

- Extra time in exams.
- A quiet room to work in.
- Someone to read or write for you.

If you think you need support, talk to a teacher or SENDCo about what's available.

### *Helpful Resources*

There are lots of places that can help you manage stress:

- [Kooth](#) – A safe, online space with advice and support from professionals.
- [YoungMinds](#) – Tips on managing exam stress and looking after your mental health.

Remember, exams are just one part of your journey. Do your best, take care of yourself, and reach out for support when you need it. You've got this!