



Stress and exam pressures

Fight, flight, and freeze are useful evolutionary responses to stress which helped our ancestors escape danger. However, too much or chronic stress caused by things like Covid and exam pressures can keep us stuck in these responses. When this happens we might feel sick, shaky, tired, or irritable. It can be difficult to concentrate or learn. We might think negative things about ourselves and feel easily overwhelmed.



Social Media

There can be a lot of pressure for us to be on social media all the time and we can end up comparing ourselves to other people from all over the world. This can cause stress and low mood. However, social media can also be useful. Try to use it wisely by messaging friends and tailoring your accounts to be safe spaces with things you enjoy looking at.



When revising, one method is to spend 25 minutes working, followed by 5 minutes on your phone. You can even set a timer. This way you won't burn out studying or spend too much time on social media.

Managing Unhelpful Thinking

When we are under stress and pressure we can end up focusing on negative thinking and the worst case scenario. Some examples might be...

"What if I fail everything?"
"I've left it too late."
"I can't do this, it's too hard."



When these thoughts arise it's useful to acknowledge them, accept that they exist but tell yourself...

"It's ok if what I do isn't perfect, as long as I try."
"I can do my best with the time that I have."
"It is hard, but that just means it is challenging, not impossible."

What can help?

Sleep

1

Sleep is important for mood, energy and memory. This might mean you need to sleep later in the morning!

Diet & Exercise

2

These impact mood and learning. Take breaks, go for walks, drink water and cut down on sugar and caffeine.

Music

3

Listening to music in the day can boost mood. Use music carefully when studying, e.g. listen to instrumental music.

REMEMBER! - if you are struggling it is always important to speak to an adult that you trust.