

TOP TIPS EXAM RESULTS DAY

Quarriers Resilience for Wellbeing Service have created some top tips on how to manage your wellbeing around the upcoming exam results day.

Share how we feel

If you are worried or feeling nervous about your results, talk about it! Tell your family, friends or even write it down somewhere. Don't hide away from your feelings, chances are you're not alone and other may be feeling similar to you! Exams be stressful, so it's important to share and offload so you get the support you need.



Make a plan

Be prepared and think about what you might need to do if you don't get the results you want. Making a plan will help to reduce stress and manage panic on the day. For example, your school or college will be available to discuss options, or you can access lots of information online.



Rest and look after yourself

Make sure you get plenty of rest and get enough sleep around this time. Sleep might be the last thing on your mind, but being well rested the night before results day will put you in a good frame of mind to be ready for the day ahead. Get up earlier the day before, keep yourself busy.



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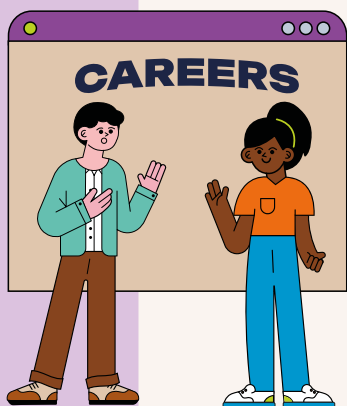
Avoid social media overload

Social media can be a very negative place sometimes. If you are feeling overwhelmed about your results or on the day you don't get exactly what you hoped for it can be hard to see others' posts and updates. Take a break from being online and spend time with people around you who can support you.



If you don't get the results you were hoping for

Do not panic! Take deep breaths and start talking. Make a time to contact your teacher, a careers advisor or someone at home to look at what options you have next. Find out as much information as you can before making a decision and remember it's not the end of the world there are so many options you can choose from for your future!



Celebrate

No matter what your results are, you should be proud of yourself and celebrate your achievements. Stepping in to the exam hall is an achievement on its own, as well as all the studying and work you've done to get to where you are today so remember to be kind to yourself!

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