

No one said exams are easy!

Here are some pointers for dealing with the pressure of revision and exams. None of these are rocket science. Try to remain calm and keep things in perspective. Looking after yourself is key as exams are more of a marathon rather than a sprint



Sleeping well

Follow and maintain a healthy sleep pattern.



Know when and where you work best

Work when you are most alert.



Rewards

Ensure you have a work/life balance.



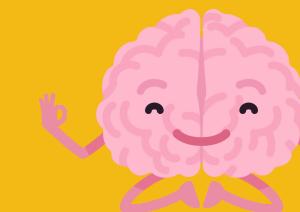
Making a plan

Be organised, prioritise learning and follow a realistic revision plan.



Exercise

Get out of the house for some exercise, a walk or to meet a friend.



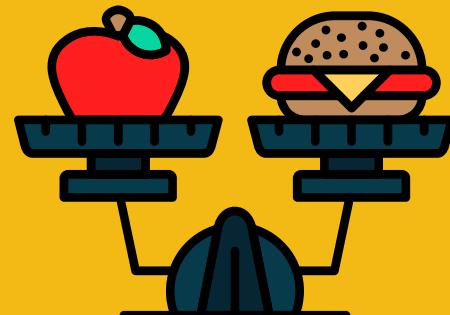
Relaxing

If you are anxious, find a calm, quiet space and try breathing deeply in and out for a few minutes.



Taking breaks

Take a break, time to relax and talk to someone if you notice you are starting to feel overwhelmed.



Drinking & eating well

Keep well hydrated and eating a healthy, balanced diet.



Keeping exams in perspective

Recognise your efforts. Be calm and positive.