

Wellbeing Tips during Year 11 Exams



The Most Important Thing Is





YOU

**What do you need to do to
look after yourself before
and during the exams**

Before

10 tips to prepare for your first exam

by @inner_drive | www.innerdrive.co.uk

-  **1 Space out your learning**
-  **6 Avoid looking at your phone**
-  **2 Test yourself**
-  **7 Surround yourself with positive people**
-  **3 Schedule in time for yourself**
-  **8 Use positive self-talk**
-  **4 Exercise regularly**
-  **9 Get enough sleep**
-  **5 Ask your teachers and support system for help**
-  **10 Visualise yourself in the exam hall**

During

5 WAYS TO DO WELL IN EXAMS
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- 1. SPACE OUT YOUR LEARNING**
- 2. USE RETRIEVAL PRACTICE**
- 3. TAKE TIME OUT FOR YOURSELF**
- 4. GET ENOUGH SLEEP**
- 5. DON'T SKIP BREAKFAST**

✓ FORM GOOD HABITS ✓	
 EAT WELL	<i>Eat foods like bread, rice, pasta, fruit and veg to help maintain your energy levels.</i>
 DRINK PLENTY OF WATER	<i>Drinking plenty water can help with your focus and energy levels. Super useful when you are studying!</i>
 KEEP ACTIVE	<i>Exercising is a great way to de-stress and clear your mind, allowing you to focus on your learning.</i>
 GET A GOOD SLEEP	<i>Good sleep is essential for good mental and physical health, so try to get enough rest while you are studying.</i>

HOW TO DEAL WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.



EXAM SUCCESS



BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.



OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teaching or revising on GCSEPod.



FIT EXERCISE IN EVERYDAY

It's easy to put off exercise but remember a healthy body = a healthy mind. Doing at least 20 minutes of physical activity a day can help to improve focus and keep you relaxed.



EAT RIGHT

Eat three healthy meals a day and limit your consumption of caffeine and sugars. Power foods for your brain include blueberries, salmon and nuts.



TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams, but bottling it up will only make it worse. Talking to your friends and family about how you are feeling is a great way of alleviating stress and worry.



KEEP THINGS IN PERSPECTIVE

The exams might seem like the most crucial thing right now, but in the grander scheme of your whole life they are only a small part. Just concentrate on the actual exam in hand not what may or may not happen after.