

# Staying mentally healthy during exam time (Young Minds)

As we head towards the main exam time it's worth revisiting how we can support young people at what can be a very stressful time.

Young Minds have a series of support pages aimed to help with exam stress and anxiety. Their advice is available to help school staff, parents and carers and, of course, young people themselves. You can find this helpful advice at the links below:

[School staff](#)

[Parents and carers](#)

[Young people](#)

	Monday	Tuesday	Wednesday	Thursday	Friday
Start of the day	Circle time	Circle time	Circle time	Circle time	Circle time
Morning			Mindfulness		Rounders
During lunch break	Make a self-soothe box	Listening to music	Daily mile	Buddy bench	
Afternoon	Mindfulness			Outside club	
After school		Volley ball	Virtual film club		Virtual quiz

**Self-soothe box**  
Coping strategies that help people feel more relaxed when feeling anxious. Add things to help focus your mind on.

**Circle time**  
Start the day with circle time. Focus on the things you are looking forward to when you are back at school.

**Outside club**  
Set up an outside club and spend time gardening, building, team games and other fun activities.

**Mindfulness sessions**  
5-10 minute slots throughout the day to help ground young people. You could use our 7 day your balance activity resource.

**Buddy bench**  
Having a buddy bench for support and chat about how you are feeling from a safe distance.

**Daily mile**  
Getting as many students as you can as possible to run for one minute tomorrow. No need for PE kits, just shoes, socks, trousers and track or...

## Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!