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# Achieve Together Evening



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# Achievement and your Well-being

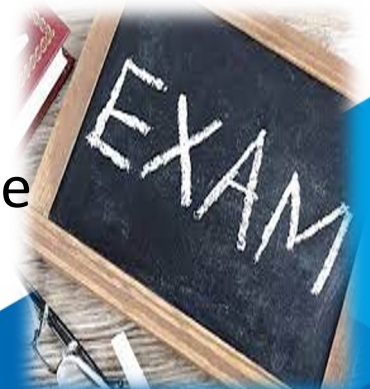
❖ There's no doubt that exams are one of the most stressful times in a young person's life.



❖ Hours of studying, revision and writing exams takes up a lot of energy both physically and mentally, but there are ways to help!



❖ Taking care of yourself during these times does not have to be onerous and can actually be so rewarding!





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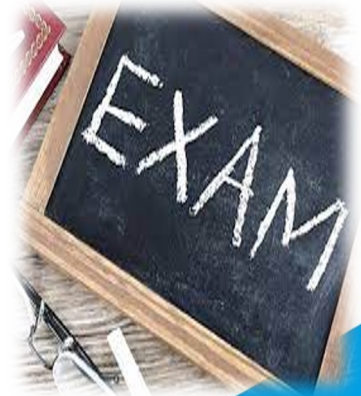
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# Young People Described Exam Stress as:

❖ Like a weight placed on top of you. While you want to succeed, I find it really difficult to because of the pressure.



❖ Knowing you have so much to do in so little time. Imagining how you know you're going to fail and feeling so stupid because you simply can't remember anything.



❖ Where I'm constantly feeling overwhelmed by the idea of studying or doing the exams and it causes me to lose focus. This lack of focus leads to me feeling like I'm going to fail and adds to the stress – like a snowball effect.



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## Exam Stress

- ❖ Exam stress can be more than feeling nervous on the day of an exam. It can also be how you feel building up to exams, during exams and when waiting for results.







## What causes exam stress?

Exams can be stressful on their own, but other things might cause you to feel worse. These might include:

- Feeling like you're not ready or prepared for exams, like leaving revision too late.
- Worrying about how you'll feel and perform during the exam, especially when you don't know what will be in it.
- Pressure from others, like parents, carers or teachers.
- Pressure from yourself to get certain grades.
- Comparing yourself to others, like believing you have to get the same results as your friends.
- Worrying about the future, like getting into university or getting a job.
- Coping with life changes, like moving from secondary school to college.
- Having difficulties at home or in your relationships with family, friends or partners.
- Having caring responsibilities for a family member or someone you live with.
- Coping with physical or mental health problems, which could include worries about arranging [reasonable adjustments](#) for your exams.

You may also feel stressed for reasons that aren't listed here. We're all different and that's okay.

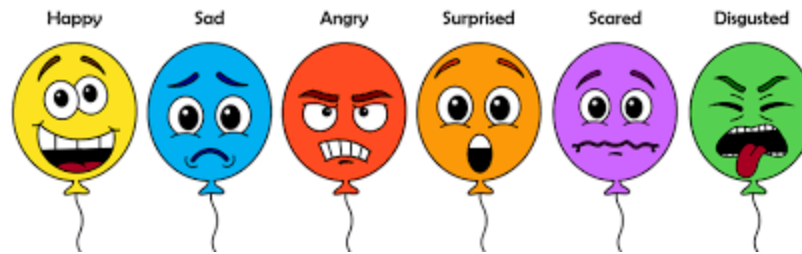


- **How might exam stress affect me?**

- Exam stress can affect how we feel, think and behave. You might experience different things before, during and after your exams.

- **Emotions or feelings**

- Anxious, worried, overwhelmed
- Upset, teary
- Exhausted
- Defeated, bored,
- Frustrated, angry
- Embarrassed, silly, stupid
- Easily annoyed
- Disappointed
- Confused



## PHYSICAL FEEL

- # PHYSICAL FEEL
-

- **Thoughts**

- Fear of failure
- Fear of disappointing yourself or others
- Comparing yourself to others
- Talking badly to yourself
- Feeling like you can't cope
- Feeling things are pointless
- Doubting yourself
- Believing everything is wrong or bad





- **Behaviour**

- Avoiding things like revision and exam planning
- Struggling to manage day-to-day life
- Lack of motivation
- Not doing things you usually enjoy
- Working too much without taking breaks

BEHAVIOUR



- **Tips for coping with exam stress**

- Exam stress can feel like a lot to cope with, but there are things you can do to improve your wellbeing. We have tips and ideas to help you cope at different times.

- **Looking after yourself during exam period:**

- Make time for things you enjoy
- Talk to others about how you feel
- Try to find balance
- Take care of your physical health
- Focus on yourself

- **Looking after yourself while preparing for an exam:**

- Find a study group
- Make a revision timetable
- Work in the best way for you
- Revise in the best place for you

- **Looking after yourself on the day of your exam:**

- Prepare your items the night before
- Start your day the best you can
- Try to ground yourself with a breathing exercise
- Take your time

- Remind yourself that it'll be over soon

- **Looking after yourself after your exam:**

- Try not to compare your answers to others
- Reward yourself
- Focus on next steps
- Relax before your next exam





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# Well-being 8

1. Exercise
2. Good food = Good mood
3. Rest to be the best
4. Make a playlist
5. Mindset matters
6. Make lists
7. Make plans
8. Take time for you



2.

Good food = Good mood



3. Rest to be the best



4. Make a playlist

5. Mindset matters



6. Make lists

7. Make plans

8. Take time for you



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# Well-being takes work

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- ❖ Keep a dialogue.
- ❖ Have regular check-ins.
- ❖ If you have worries, fears and concerns – share them!
- ❖ If you (*or your family*) notice a change in your behaviour – consider speaking to a family member or a member of staff At Halewood.







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# Where can I find support?

At Halewood Academy you can talk to any member of staff!



***Other places:***

Childline: [www.childline.org.uk](http://www.childline.org.uk) Tel: 0800 1111

Youth well-being directory:  
[www.youthwellbeing.co.uk](http://www.youthwellbeing.co.uk)

Anna Freud National Centre: [www.annafreud.org](http://www.annafreud.org)

The Mix: [www.themix.org.uk](http://www.themix.org.uk)



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**Remember...**  
***We all have mental health.***