

# Managing EXAM STRESS

We are part of...





## What exactly is stress?

https://www.youtube.com/watch?v=gnrqG4BBsOA

(Stop at 2.30)



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Maslow's Hierarchy of needs:

Abraham Harold Maslow was an American psychologist who created Maslow's hierarchy of needs, a theory of psychological health predicated on fulfilling innate human needs in priority, culminating in self-actualization.

> You need to do all of this:

Self-actualization means you are learning / taking info

To get to this:

### **Self-actualization**

desire to become the most that one can be

#### **Esteem**

respect, self-esteem, status, recognition, strength, freedom

### Love and belonging

friendship, intimacy, family, sense of connection

## Safety needs

personal security, employment, resources, health, property

## Physiological needs

air, water, food, shelter, sleep, clothing, reproduction





## Miss Frary's top tips to reach SELF ACTUALISATION

## Sleep!

You need roughly 7 or 8 hours of sleep (or more!) to feel refreshed in the morning.

Make sure you are getting enough sleep during the exam period.

#### Good 'sleep hygiene' can include:

- Taking a bath before bed
- Switching your phone off an hour before you go to bed
- Reading or listening to an audio book





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## Miss Frary's top tips to reach SELF ACTUALISATION

### EAT!

Make sure you eat the 'right' things!

Make sure you are giving your body the right 'ingredients'.

#### Avoid eating and drinking:

- Fizzy drinks and caffeine
- Sweets, crisps and unhealthy snacks
- Have three meals a day





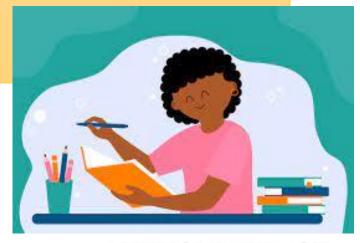


## Miss Frary's top tips to reach SELF ACTUALISATION

## Revise in a comfortable setting!

Make sure you are comfortable where you revise.

- Make sure you have the right equipment
- That there are no distractions (put your phone away!)
- You are warm enough





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## Miss Frary's top tips to reach SELF ACTUALISATION

## Have a break – spend time with actual people!

- Connecting with people is good for your wellbeing
- If you cannot see someone, give them a ring
- It's also good to chat about what you're revising and what you're finding difficult
- IT'S GOOD TO TALK! 'A problem shared is a problem halved'.
- ALSO...Give your friends compliments if they do something well to boost their mood!





## Miss Frary's top tips to reach SELF ACTUALISATION

## Have a break – do something you enjoy!

Make sure you have regular breaks from revising.

#### Exercise is really good for you...

- Go for a walk
- Take the dog for a walk
- Go for a run / bike ride
- Play on a game (but make sure you keep track of time!)
- Do some yoga
- Watch your favourite show





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### Miss Frary's top tips to reach SELF ACTUALISATION

# If you have any questions and/or you are struggling at point, come and see me or email!

Ifrary@acle.norfolk.sch.uk

PS. You'll smash it ©



