

Managing EXAM STRESS

We are part of...

WENSUMTRUST 

F O R C H I L D R E N , F A M I L I E S A N D C O M M U N I T I E S

What exactly is stress?

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

(Stop at 2.30)

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.

To get to this:



Self-actualization means you are learning / taking info in!



You need to do all of this:

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



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



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



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!

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PS. You'll smash it 😊

