

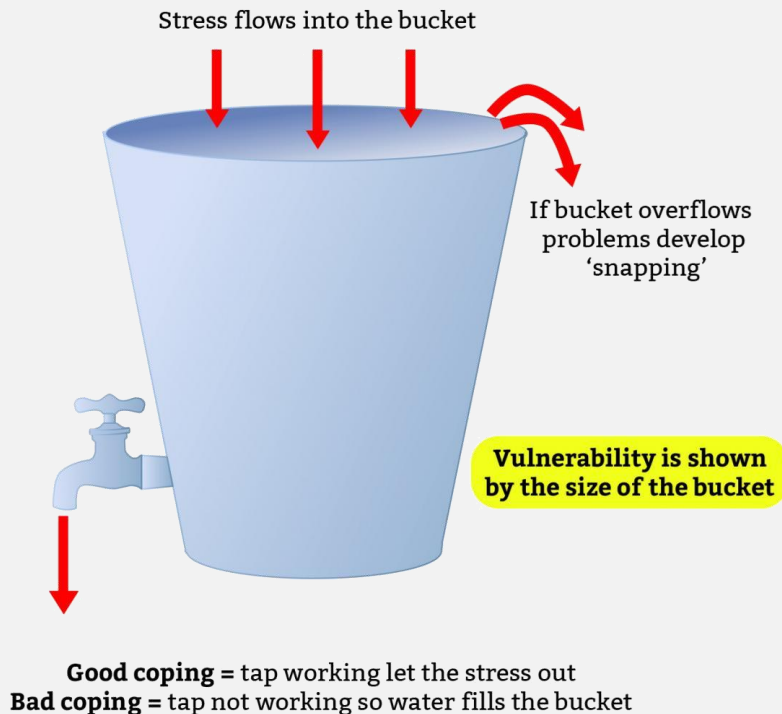
# Coping with stress

Exam periods can be stressful and it's normal to feel some nerves when you have an exam. Luckily there are ways to cope so stress doesn't affect your revision or your health.

# What influences mental health?

**Stress** plays a key role in the development of mental ill health. Stress can come in many different forms such as:

- **Physical stress** – Late nights, binge drinking, drug use, lack of routine, poor diet, illness
- **Environment issues** – Poor housing, social isolation, unemployment, new environments to adjust to such as moving house or holidays
- **Emotional stress** – Relationship problems, peer pressure, high expressed emotion within the family home, conflicting cultural values and beliefs, leaving home, marriage
- **Acute life events** – Bereavements, physical illness/ accidents, imprisonment, flights, pregnancy, assault
- **Chronic stress** – Accommodation problems, debts, prolonged use of drugs/ alcohol



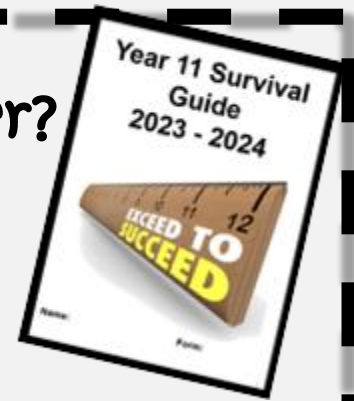


# What is in your stress container?

Empty everything in your head concerning school and home life into your stress container:

Fill in your booklets page 25: Answer these questions and discuss as a form.

PAGE 25



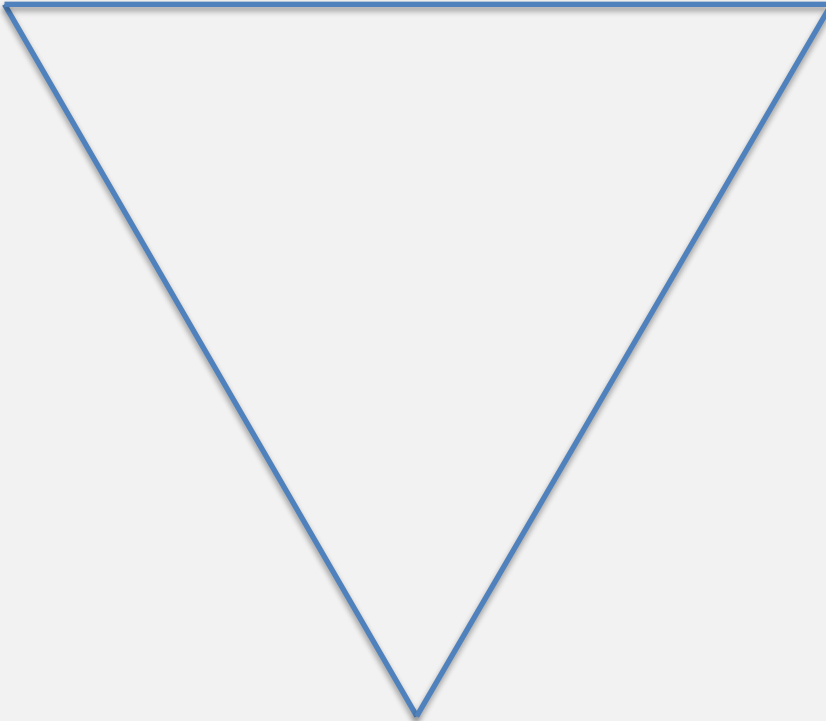
What can I change?

What can't I change and need to accept?

Can anyone help me?

What are my helpful coping strategies?

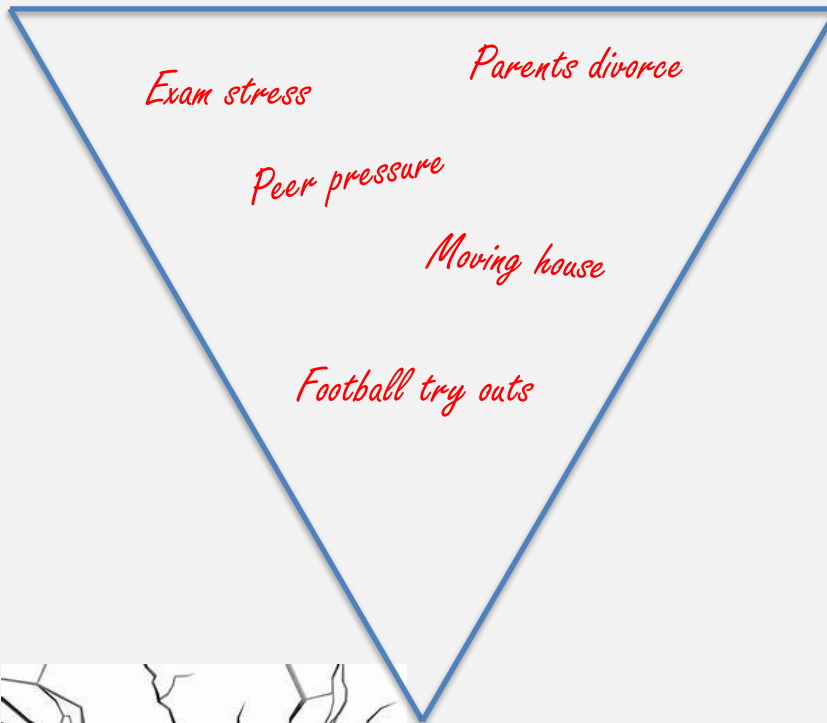
What are my unhelpful coping strategies?





# What is in your stress container?

*Example:*



What can I change?

*Exam stress - I can revise, and take stress relief methods*

What can't I change and need to accept?

*Parents divorce and moving house*

Can anyone help me?

*I can tell my folks how I feel, my friends*

What are my helpful coping strategies?

*Football, mindfulness, eating well*

What are my unhelpful coping strategies?

*Bottling it up*





# Exams are stressful for everyone

1. You won't be alone in feeling under pressure about exams- it's likely your classmates are also finding this time stressful.
2. A small amount of stress can be good for you – it can motivate you to do better or help you focus on overcoming a difficult situation.
3. However, too much stress can negatively impact your health. It's important to recognise the signs of stress so you can do something about them.



Write these in your booklets  
page 26:

## Signs of stress

- A loss of appetite
- Sudden weight loss or gain
- Feeling anxious
- Difficulty concentrating
- Feeling emotional
- Struggling to sleep





# There are ways to help with stress

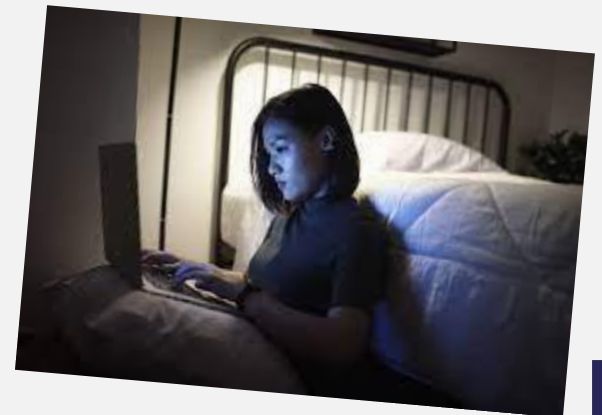
1. Go outside for exercise and fresh air – it will help to clear your head
2. Set aside time to meet up with your friends where you aren't revising
3. Give yourself relaxation time – listen to music, watch TV or take a nap
4. Keep up with your hobbies and doing activities you enjoy
5. Eating and sleeping well can also help with reducing stress

## Talk about how you are feeling:

Talking to friends, family and teachers can really help you air out your anxieties and come up with a way to deal with your stress. If you don't feel comfortable talking to people you know, there are support services and helplines who you can talk to confidentially.

## And ways to make it worse:

- Don't revise late into the evening – this will affect your sleep and make you tired
- Not taking adequate breaks will make your revision time less effective.
- Don't set unrealistic targets or you'll always disappoint yourself.





# Sleep and diet

Ah, my two favourite things – snoozing and food. Getting a healthy amount of both these things will keep you at peak condition when you're revising and make it easier to take in information. Yum.

1. Don't skip sleep to revise – Sleep helps you process what you have learnt.
2. Do something relaxing before bed – Avoid caffeine, strenuous exercise and looking at your phone
3. Keep your phone away from your bed – it'll disrupt your sleep if it keeps going off and come off your device at a decent hour.
4. Eat plenty of fruit and veg – yes, even broccoli
5. Don't skip meals – It makes it difficult to concentrate
7. Get plenty of protein – oily fish are great to eat
8. Only have sweets and chocolate occasionally as a treat
9. Drink lots of water





Watch – This also consolidates the revision pyramid!



[https://www.youtube.com/watch?v=nmexQDO4c\\_8](https://www.youtube.com/watch?v=nmexQDO4c_8)