

# EXAMS, STRESS AND ANXIETY

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RESOURCE PACK FOR SCHOOLS AND  
COLLEGES  
MAY 2022





This resource pack contains key resources that you may find useful for working with and supporting young people and their parents and carers. Unlike the mental health in education packs on the mental health website this pack won't be updated throughout the year. It will be updated each year with new resources.

Resource	Audience	Document	Summary
<b>Anxiety</b>			
What is Anxiety	Young people	42 <sup>nd</sup> Street <a href="#">What is Anxiety</a>	Short guide to anxiety and what can help
Anxiety	School staff	Anna Freud Podcast <a href="https://youtu.be/H9UaMZ3hLAU">youtu.be/H9UaMZ3hLAU</a>	Dr. Peter Fuggle discusses how school staff can support pupils who may be dealing with anxiety.
Anxiety. A guide for young people <ul style="list-style-type: none"> <li>• What is anxiety?</li> <li>• The symptoms of anxiety</li> <li>• What to do about anxiety</li> <li>• Treating anxiety</li> <li>• Tips from our Activists and bloggers on dealing with anxiety</li> <li>• Real stories from young people</li> <li>• Where to get help</li> </ul>	Young people	Young Minds <a href="#">Anxiety. A guide for young people</a>	It's really common to develop anxiety at some point. Find out here what causes it and what you can do to feel better.
<b>Depression</b>			
What is Depression	Young people	42 <sup>nd</sup> Street <a href="#">What is Depression</a>	Short guide to depression and tools to help
Depression. A guide for young people <ul style="list-style-type: none"> <li>• What is depression?</li> <li>• The symptoms of depression</li> </ul>	Young people	Young Minds <a href="#">Depression. A guide for young people</a>	If you think you might have depression, you're not alone. Find out more about this common, treatable condition and what to do if you're affected by it.

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<ul style="list-style-type: none"> <li>• What to do about depression</li> <li>• Treating depression</li> <li>• Get help now</li> </ul>			
<b>Exam stress</b>			
Guide	Young people	Kooth <a href="#">Guide</a>	A guide to coping with exam stress
Posters	Young people	Kooth <a href="#">Posters</a>	A set of posters signposting to the service and focusing on exam stress
Exam stress lessons plans for KS3 and 4	School staff	PHE	In this lesson, students identify the signs and symptoms of exam stress and develop strategies to help them manage it.
Exam Stress	School staff	Anna Freud Podcast <a href="https://youtu.be/hOZdqFFxfAU">youtu.be/hOZdqFFxfAU</a>	Dr. Rina Bajaj gives advice to school staff about helping young people deal with exam stress.
Help your child beat exam stress	Parents	NHS <a href="#">Help your child beat exam stress</a>	Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.
Exams	Young people	Anna Freud <a href="https://youtu.be/VGqDAUZwhas">youtu.be/VGqDAUZwhas</a>	In this video, Dr. Sheila Redfern gives some simple advice and tips about managing stress around moments such as exams including when waiting to hear the results

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Exams <ul style="list-style-type: none"> <li>• Dealing with exam stress</li> <li>• Keep it in perspective</li> <li>• Revision tips</li> <li>• Dealing with disappointing exam results</li> <li>• Get help now</li> </ul>	Young people	Young Minds <a href="#">A guide for young people – exam stress</a>	It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits.
Exams – parent guide <ul style="list-style-type: none"> <li>• Things that can really help</li> <li>• How can the school help?</li> <li>• How to manage a 'disappointing' results day</li> <li>• Where to get help</li> </ul>	Parents	Young Minds <a href="#">A guide for parents – exams</a>	If you're worried about how your child is coping with exams at school, here is our advice and information on where you can get help
<b>Revision</b>			
Revision	Young people	Student room <a href="http://www.thestudentroom.co.uk/">www.thestudentroom.co.uk/</a>	The UK's largest online community for students with lots of free advice and guidance, including revision guides, advice on making flashcards or mind maps and a range of top-tips from students themselves including this video about how to cope with exams and revising
Revision	Young people	Student room film <a href="https://youtu.be/73TCYeEUAOM">youtu.be/73TCYeEUAOM</a>	Exams and Revision can be a stressful time. So, our vlogger Manisha is here to discuss how she handles her revision and exam stress

Resource	Audience	Document	Summary
<b>Sleep problems</b>			
<p>Sleep problems. A guide for young people</p> <ul style="list-style-type: none"> <li>• Anxiety and worries</li> <li>• Nightmares &amp; bad dreams</li> <li>• Night terrors</li> <li>• Wetting the bed</li> <li>• Altered sleep problems</li> <li>• Get support and tips</li> <li>• Where to get help</li> </ul>	Young people	<p>Young Minds</p> <p><a href="#">Sleep problems. A guide for young people</a></p>	<p>We all have problems with sleeping, waking, or having bad dreams sometimes. If sleep issues are affecting you, we can help you tackle them.</p>
<b>Wellbeing and self-care</b>			
My self-care plan secondary	Young people	<p>Anna Freud</p> <p> My self care plan secondary.pdf</p>	<p>This resource walks young people through a series of steps, helping them create a detailed self-care plan that works for them.</p>
5 Ways to Wellbeing	Young people	<p>42<sup>nd</sup> Street</p> <p><a href="#">5 Ways to Wellbeing</a></p>	<p>Five things that you can do to give your positivity levels a boost and look after your mental health on a regular basis.</p>
Talking mental health with young people at secondary school	Parents and carers	<p>Anna Freud</p> <p> Talking mental health with young people at</p>	<p>Provides simple advice and guidance to parents and carers about how to make conversations about their child's feelings part of everyday conversation</p>

# GET IN TOUCH

[hub.gmhsc.org.uk/mental-health/](https://hub.gmhsc.org.uk/mental-health/)  
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