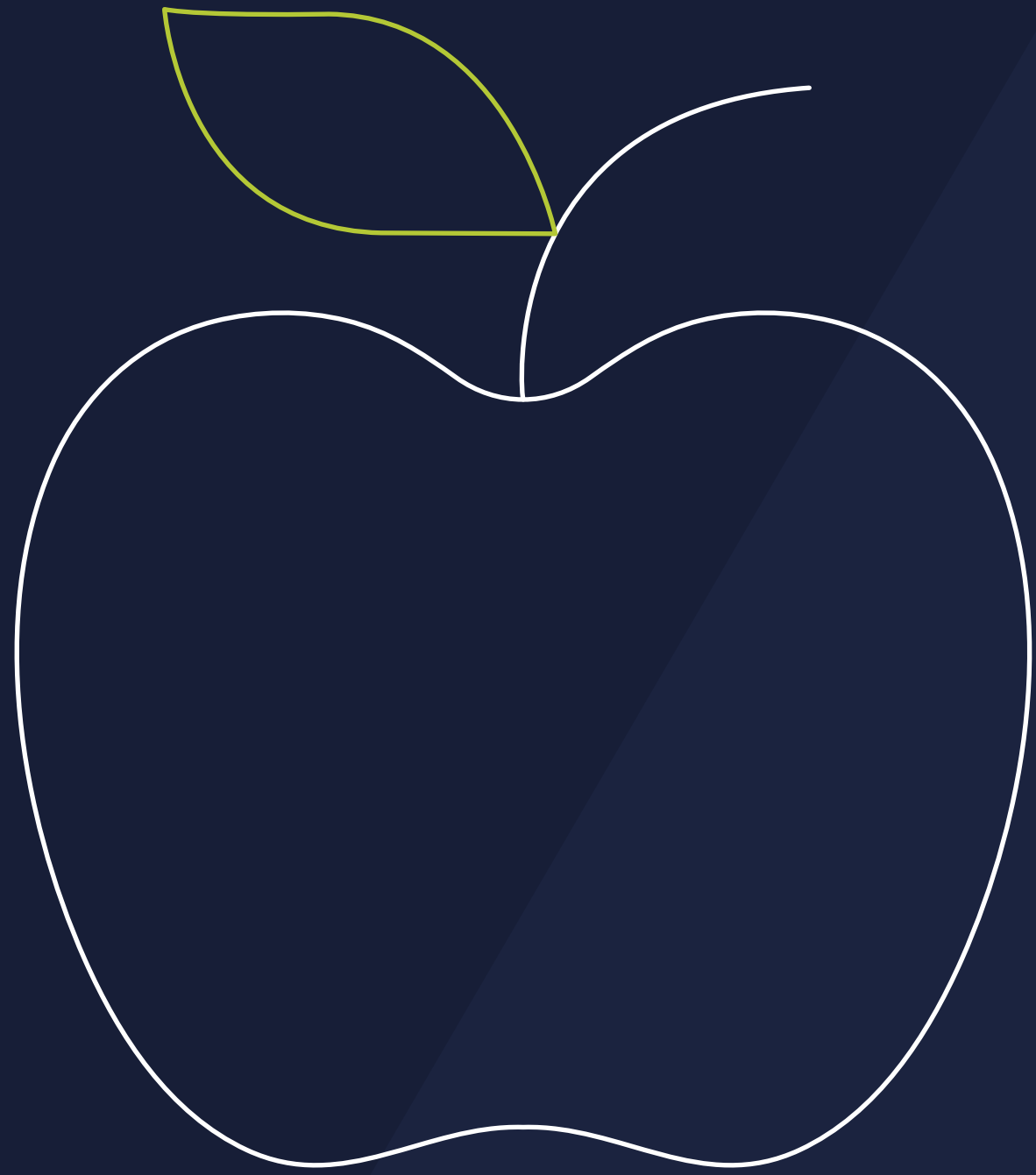


Reward yourself

When you are revising, give yourself a reward – in between sessions eat your favourite snack and watch a bit of TV.

Looking after yourself during the exam period



Eat, sleep & exercise well

For your mind and body to perform at their best, you need to take care of yourself. Make sure that you get enough sleep, eat and drink well and get regular exercise.

Looking after yourself during the exam period



Remember to pause

Go for a walk, or just sit outside for some fresh air.

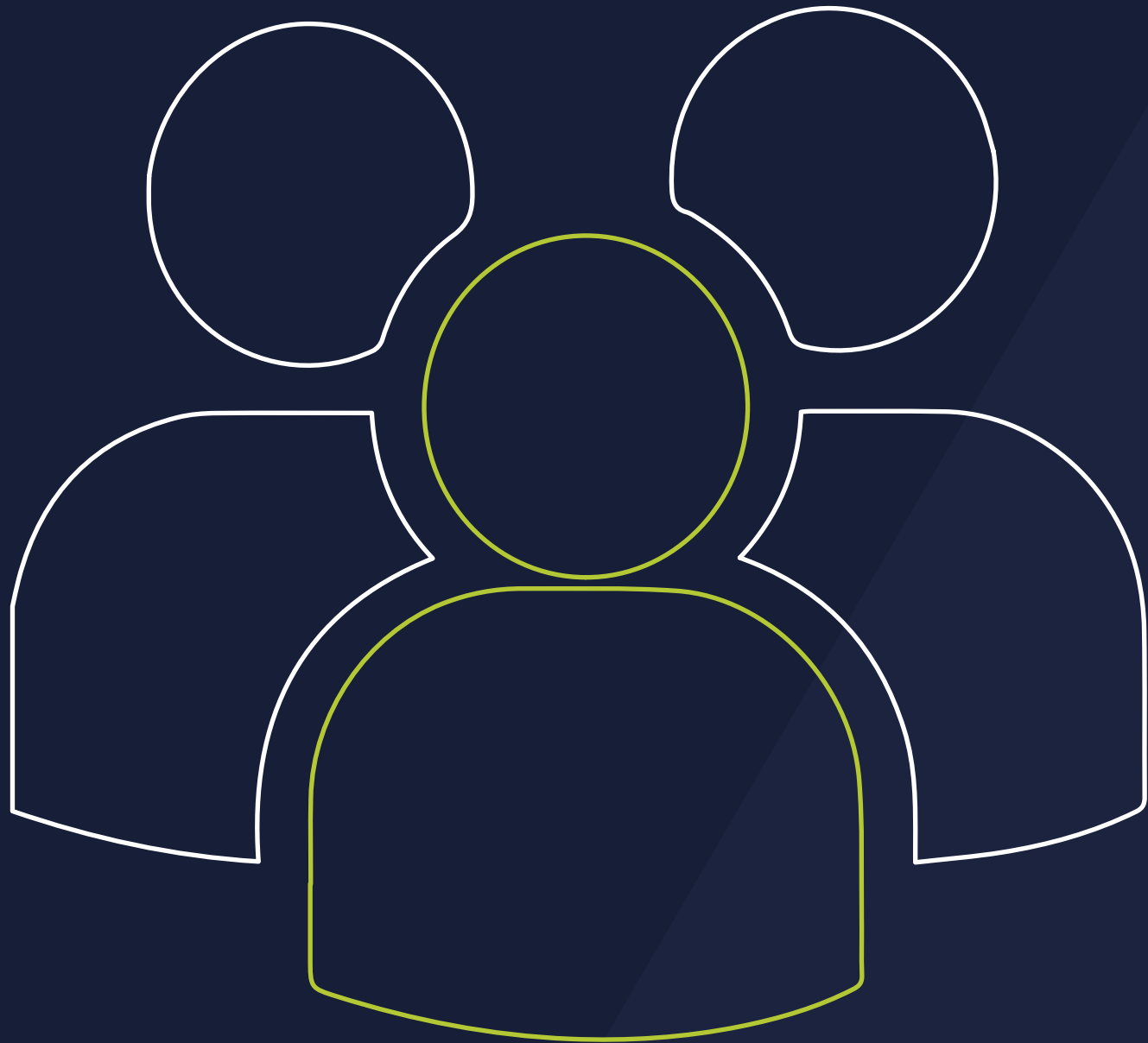
Looking after yourself during the exam period



Time away from revision

Make a hot drink, but don't take it back to your desk with you. Drink it away from your work space and try to relax.

Looking after yourself during the exam period



Don't go it alone

Have a chat with someone that is also revising – you can give each other support and study ideas.

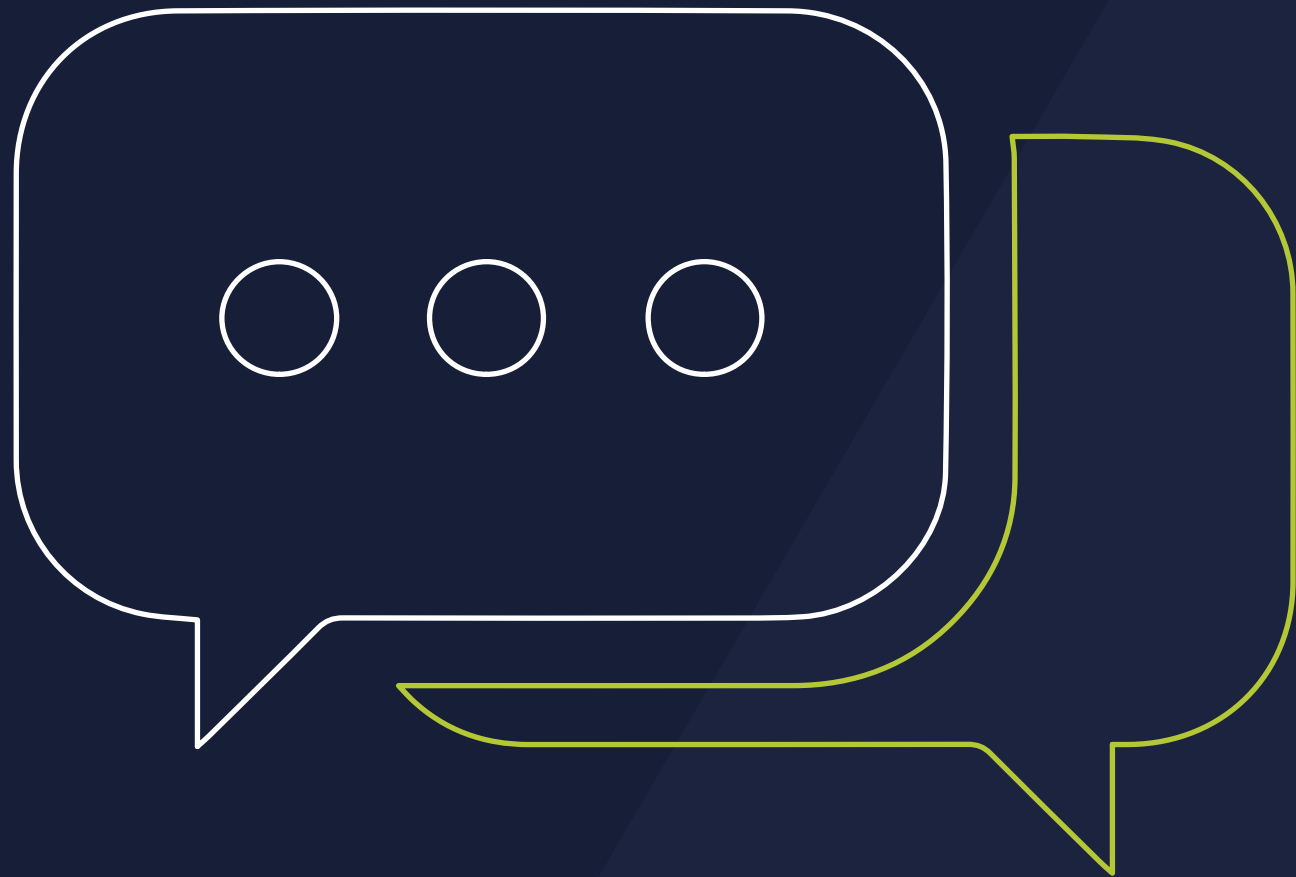
Looking after yourself during the exam period



Believe in yourself

When we're faced with new challenges, we often forget about how far we've come and how much we've already learned. Try to replace worries about your exams with positive and proud thoughts.

Looking after yourself during the exam period



Feeling anxious or worried?

Speak to someone about it. There's plenty of advice out there about how to manage anxiety and exam stress.

Looking after yourself during the exam period