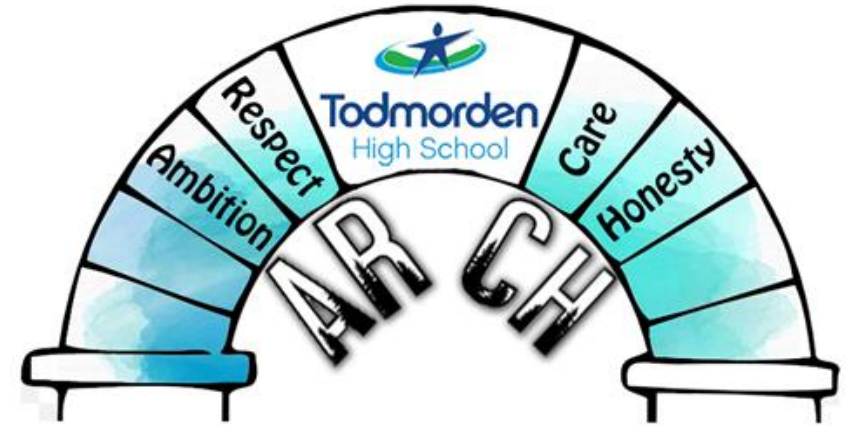


Mental Health and Dealing with Exam Stress



You're in Year 11 In less than a year GCSEs will all be over and you'll be on a post 16 course of study, be it A levels, an apprenticeship, a vocational course or employment with training.

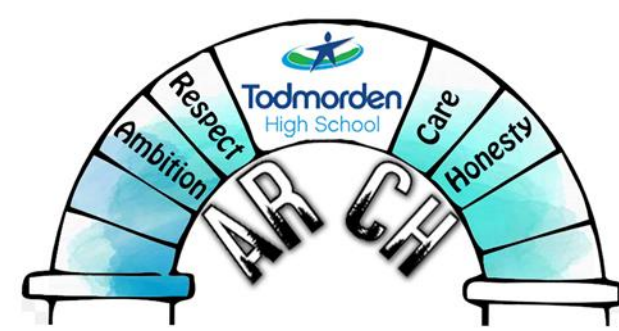
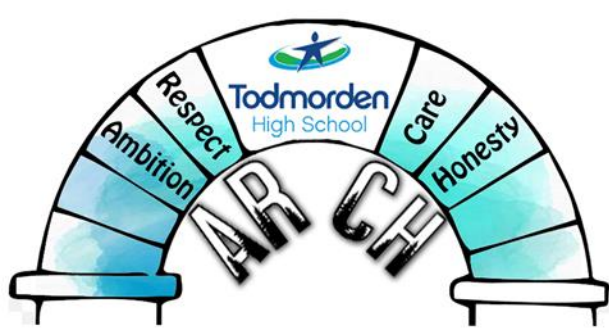
Getting there and doing your absolute best, but without stressing out, is your goal...

Ambition

Respect

Care

Honesty



What's out there to help young people deal with stress?

<http://www.openmindscalderdale.org.uk/category/help-support-for-under-17-year-olds/>

Explore the page to help you fill in the information in the booklet

Ambition

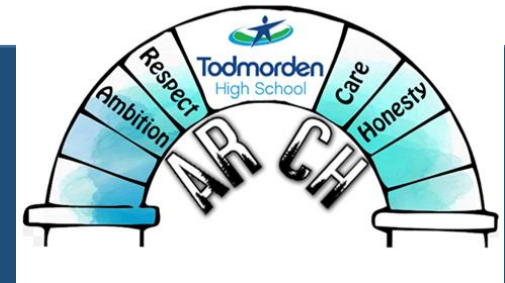
Respect

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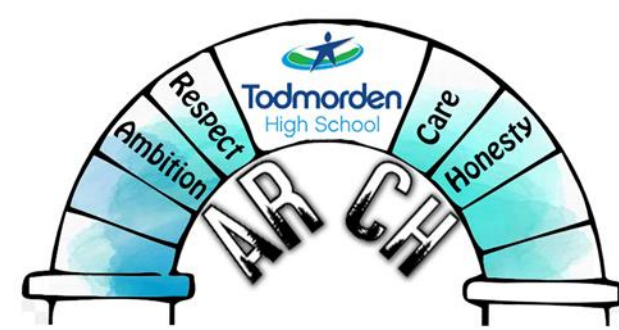
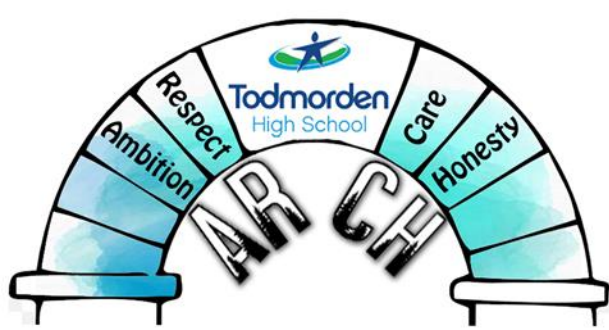
Feeling Stressed?

- Click this tab to find lots of help and support in Calderdale
- **Exam stress...** what advice can you find through this tab? Scroll down the page...
 - Revision vs life...
 - Tips for coping...
 - Watching for the signs of stress...
 - Get enough sleep...
 - Coping with pressure...
 - Coping with other problems at exam time...



Discuss the advice and suggestions given in each section...

Which do you think will work for you? Write them in the 'top tips section in your booklet...



What's else is out there to help young people deal with stress?

<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/>

Explore the NHS page to develop your understanding

Ambition

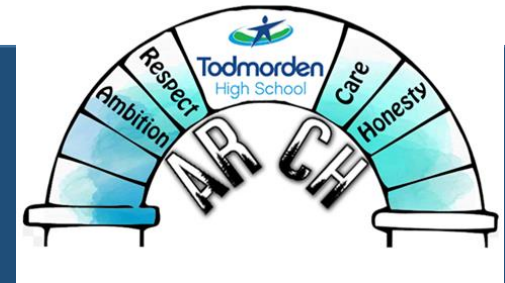
Respect

Care

Honesty

How to tackle stress

- Scroll down to this section of the NHS page to find things that REALLY work in tackling stress
 - 10 simple stress busters
 - Time management techniques
 - Mindfulness
 - Calming breathing exercises
 - Apps for your phone
- And don't forget...
- Exercise and healthy eating contribute massively to our mental health and stress



Discuss the advice and suggestions given in each section...

Which do you think will work for you? Write them in the 'how to tackle stress' section of the booklet