



Self-care tips for sitting exams

You might feel nervous or anxious about sitting external assessments or exams again - and that's normal! Remember that no matter the outcome, you have plenty of options to progress onto the next stage of your life.

Here are our top self-care tips to help you stay calm when sitting your exams:



Get active. Do your favourite sport, try a new dance class or hit the gym to relieve stress.



Connect with nature. Although the weather's not always reliable, it's great to get outdoors in the fresh air and appreciate the beauty of your natural surroundings.



Reduce your screen time. Recharge and feel less anxious with a tech-free day.



Rediscover your favourite music. Sing, dance, or listen to your favourite mood-boosting songs to lift your spirits.



Boost your immune system. Find healthy recipes on Instagram or TikTok.



Make time for sleep. Remember to schedule time for sleep and get plenty of rest to help you stay calm.



Share how you feel. Speak to a friend, family member or teacher and let them know how you're feeling.