



Looking After Your Mental Wellbeing During EPA

Preparing for your end-point assessment (EPA) isn't just about brushing up on knowledge and skills; it's also about making sure you feel ready, calm and confident on the day.

We know assessments can bring up nerves or anxiety and that's completely normal.

This guide is here to help you manage your wellbeing as you prepare for your EPA and to know what to do if you feel overwhelmed.

Feeling nervous is normal

A bit of nervous energy can help you stay focused, but if anxiety feels like it's taking over, there are things you can do to take back control. Here are some simple tips to support your mental health in the run-up to your assessment.

Top tips to feel prepared and stay calm

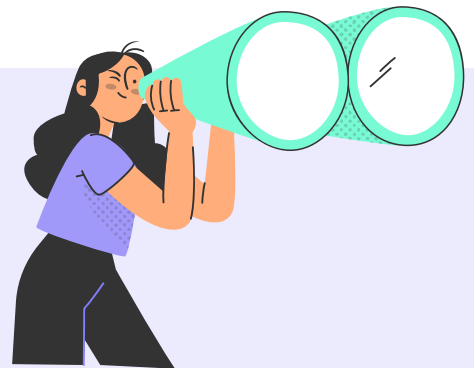


Start preparing early

Give yourself plenty of time to go over your learning and practise where you can, reviewing the guidance materials and criteria that are part of your assessment. Feeling well-prepared helps reduce last-minute stress.

Know what to expect

Talk to your apprenticeship provider and employer about the assessment format and what's involved. The more you know, the less you'll worry.



Take care of yourself

- get enough sleep the night before
- eat something before your assessment
- take breaks while revising
- get some fresh air or light exercise
- allow quiet time before your assessment to review any materials you have
- have a glass of water with you during your assessment.

Practise calming techniques

Breathing exercises, stretching or visualising success can really help reduce tension. Find what works for you and use it before and during your EPA.



Speak up if you're struggling

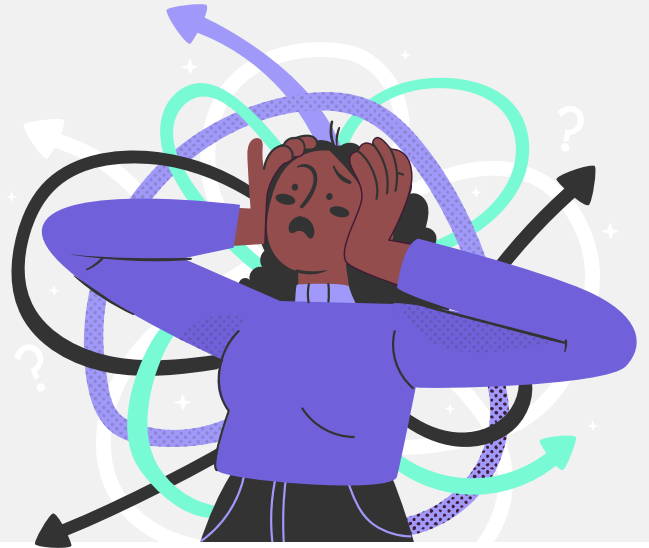
If you're feeling anxious or unsure, talk to someone you trust. This could be your apprenticeship provider, employer or a friend or family member. You're not alone and there's support available.

If anxiety strikes during your assessment

If you start to feel overwhelmed:

- pause and take a few slow, deep breaths
- let your assessor know – don't feel you have to push through alone
- remember that assessors are people too and they're here to help you succeed.

We understand that everyone has different experiences, and it's OK to need a moment to regroup.



Further support

If you're looking for more advice or if anxiety is affecting your daily life, these organisations can help:

- [YoungMinds – youngminds.org.uk](https://www.youngminds.org.uk)
- [Mind – mind.org.uk](https://www.mind.org.uk)
- [AnxietyUK – anxietyuk.org.uk](https://www.anxietyuk.org.uk)
- [Hub of Hope – hubofhope.co.uk](https://www.hubofhope.co.uk)
- [Mental Health Foundation – mentalhealth.org.uk](https://www.mentalhealth.org.uk)



You've got this

You've already come so far in your apprenticeship; your EPA is just the final step. Take it one moment at a time, look after yourself and remember: we believe in you.