



How to look after your mental health this exam season

Are you having trouble sleeping, lost your appetite or feeling irritable? Maybe you've got headaches or even feel panicky? These are all signs of stress.

It's something that affects all of us, and sometimes it can feel totally overwhelming, especially during exam season.

So to mark #MentalHealthAwarenessWeek, here are 10 tips for looking after your mind...

1. When you hear that negative voice in your head, concentrate on thinking positively. Encourage yourself and think, "I can do this."

2. Look after yourself – try to eat healthily, exercise and get enough sleep.

- [Check out: Guide to balancing study and work.](#)

3. Recognise when stress is getting on top of you and do an activity that calms you down – that could be talking to a friend, listening to music, exercising.

- [Read: How to deal with stress.](#)

4. Make a list of your worries (actually write them down) then throw away the bit of paper.



5. We know it's tempting but try to avoid comparing yourself to other people. You know what's right for you when it comes to revising, and that's probably different to your mates.

- [Discover: What's the best way to revise?](#)

6. Take a break! Nothing is so urgent that you can't take 10 minutes for a cup of tea or a walk. A change of scene often helps with stress.

7. Visualise yourself walking calmly and confidently into the exam – and plan a treat for afterwards to look forward to.

- [Learn more What should I expect on the day of my exams?](#)

8. If you feel overwhelmed, talk to your teachers, friends or parents. Opening up is the first step to solving the problem, and it's really important you don't bottle everything up. You can [chat to Childline online here](#).

9. If you feel like you're panicking, take a moment to ground yourself. That means focusing on relaxing your muscles.



Take deep, slow breaths – counting to five each way.

10. When things are getting on top of you, remind yourself: sure, exams are important but they're not the only way to a happy future – and they're certainly not more important than your mental health.

And finally, check out these online tools...

From YouTube vids to great apps, [check out these 8 tools to give your mental health a boost](#).

