

# Top Tips

## Looking after yourself during exams

For young people, created  
by young people

Keep believing  
in yourself

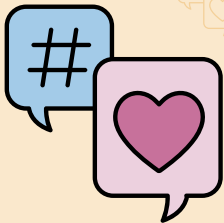
Take it one day  
at a time

YOU DID IT!



Mental Health  
Foundation

LEADERS  
UNLOCKED



# BE KIND TO YOURSELF

Being kind to yourself can start with the little things, like giving yourself a moment to breathe.

If you begin to doubt yourself, or feel frustrated, remember to be patient with yourself, and use kind language.



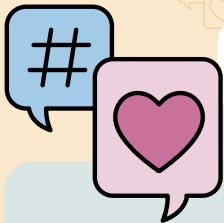
**Scan to read why kindness matters and how you can show kindness to yourself and others.**



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I will be kind to myself by...



# REACH OUT TO YOUR SUPPORT NETWORK

When we feel uncertain about what to do, reaching out to those we trust can remind us we are not alone, and can help us feel better.

You could talk to a teacher, organise a study session with friends or reach out to support services.

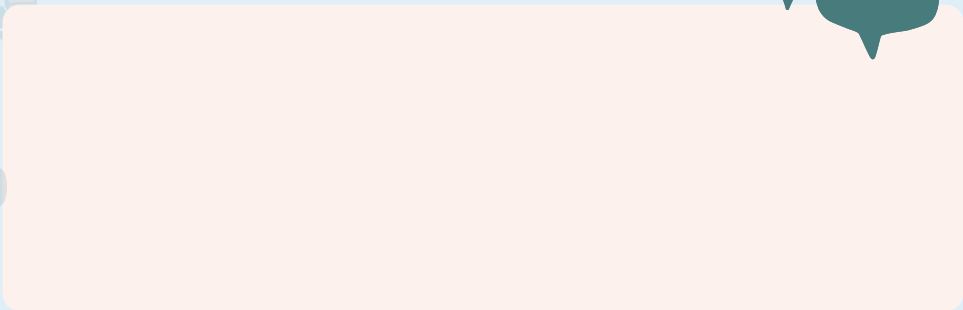


Scan to find out how to contact Childline for support.



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I can talk to...





# FIND YOUR RHYTHM

It is important to find the revision techniques that work for you.

Sometimes it can feel a little overwhelming to know where to start, but there are many revision templates and top tips to help you get started.



Scan to watch to young people share their tips on revision planning.



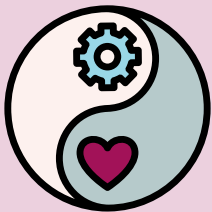
**LEADERS  
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To plan my revision,  
I will...

A large, empty, light orange rounded rectangular box intended for writing a plan.

# PRIORITISE YOUR WELLBEING



Remember to keep things balanced!

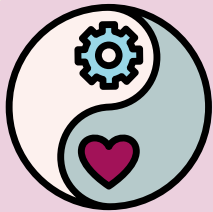
- Get good sleep.
- Drink plenty of water.
- Keep active.
- Eat well.



Scan to read about the importance of good sleep and top tips to improve your sleep habits.



To look after my wellbeing, I will...

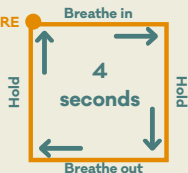


# TAKE ONE STEP AT A TIME

Sometimes we may feel stressed, but this doesn't mean that we will always feel this way. Mindfulness is a useful activity to bring our attention back to the present.

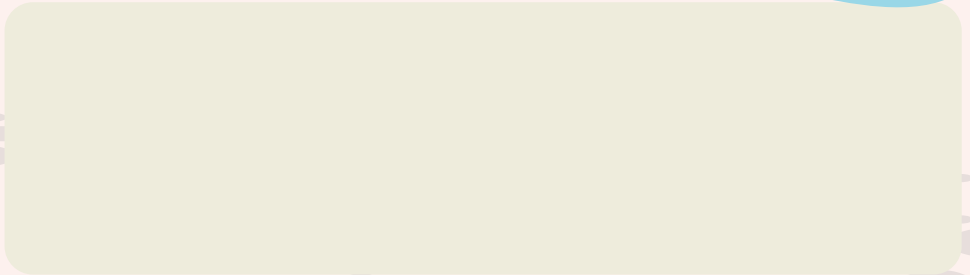
## Activity - Mindful Breathing

Follow the square round. Each line is 4 seconds.



Scan to use this Art box to draw how you are feeling.

**I will take exams one  
step at a time by...**



# PROTECT TIME FOR YOURSELF

When planning your revision, remember to protect your time to do the things you enjoy.

By having moments to look forward to, where you can relax, you will feel ready to refocus when you returning to studying.



Scan to read the 8 top tips for good mental health.



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**In my revision breaks,  
I look forward to...**





# STEP AWAY FROM YOUR BOOKS

It is important to plan regular breaks into your revision schedule. Even if it's just 5 minutes to step away from your books, and get outside.



Scan to read about how nature is good for our mood, and ways to connect with nature.

**My favourite place to  
relax is...**





# FOCUS ON THE BIGGER PICTURE

There are many things that make you, you. Exams are one experience we go through.

Keep going. Stay positive. Hold perspective.



Scan to follow a short breathing exercise to reduce feelings of stress.





Once my exams are finished, I will...

A large, empty, light pink rectangular box intended for a user to write their response to the question above.