



TRAINING NETWORK



PARENT RESOURCE

EXAM STRESS AND TEENAGERS

Some stress can help motivate young people, but too much can feel overwhelming and affect their wellbeing and performance.

With the right support, teenagers can manage stress and do their best.



WHY TEENAGERS FEEL EXAM STRESS

Exams can bring pressure from many different places, such as:

- ✓ Worrying about getting the right grades
- ✓ Fear of letting themselves or others down
- ✓ High expectations from school, family or themselves
- ✓ Comparing themselves to friends
- ✓ Too much to revise and not enough time
- ✓ Feeling unsure about the future



REMEMBER: It's normal to feel worried, but it's important to find healthy ways to cope.



SIGNS YOUR TEEN MAY BE STRUGGLING WITH EXAM STRESS

- ✓ Feeling anxious, tearful or irritable
- ✓ Complaining of headaches, stomach aches or feeling unwell
- ✓ Trouble sleeping or sleeping too much
- ✓ Finding it hard to concentrate
- ✓ Avoiding revision or putting it off
- ✓ Feeling overwhelmed or saying "I can't do it"
- ✓ Withdrawing from family and friends
- ✓ Changes in appetite or eating habits



REMEMBER: Stress looks different in everyone. Early support makes a big difference.

HOW PARENTS CAN HELP



TALK AND LISTEN

Encourage open conversations. Listen without judgement.



PLAN AND PREPARE

Help them create a realistic revision plan with regular breaks and downtime.



ENCOURAGE SELF-CARE

Support healthy habits like sleep, exercise, good food and time to relax.



BUILD CONFIDENCE

Praise effort, not just results. Remind them of their strengths and past achievements.



TEACH CALM STRATEGIES

Try deep breathing, mindfulness, positive self-talk or short mind breaks.



OFFER PRACTICAL SUPPORT

Help with resources, quiet study space and transport if needed.



REVISION TIPS FOR TEENAGERS

- ✓ Break topics into smaller chunks
- ✓ Use different methods: notes, flashcards, mind maps
- ✓ Practice past papers and test yourself
- ✓ Take regular breaks – short and screen-free
- ✓ Don't aim for perfection – aim for progress
- ✓ Ask for help if you're stuck



REMEMBER: Doing your best is enough. You can't learn everything – focus on what matters.



WHEN TO SEEK EXTRA HELP

Seek support from a GP, counsellor or mental health professional if your teen:

- ✓ Feels overwhelmed most of the time
- ✓ Has panic attacks or intense anxiety
- ✓ Is struggling to cope with daily life
- ✓ Feels persistently low or hopeless
- ✓ Has thoughts of harming themselves



You don't have to manage this alone. Help is available.



We're Here to Help

HH Training Network offers assessments, resources and ongoing support for children and families.



Email. G@hhtrainingnetwork.com



Website. Hhtrainingnetwork.com



TRAINING NETWORK



EDUCATE • EMPOWER • SUPPORT



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Helping children and families build a healthier, happier future.



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