



TRAINING NETWORK

EXAM ANXIETY TOOLKIT

TEEN RESOURCE



Feeling stressed about exams is normal.
But you can manage it! With the right tools,
you can feel more confident, calm and in control.
You've got this!

★ WHAT IS EXAM ANXIETY?

Exam anxiety is worry, stress or fear about exams and tests. It can affect your concentration, sleep and confidence.

It's your body's reaction to pressure, but you can learn to manage it.



Remember: It's OK to feel nervous.
It's what you do with it that matters.

🧠 COMMON SIGNS

- ✓ Worrying a lot about exams
- ✓ Feeling restless or on edge
- ✓ Trouble concentrating
- ✓ Headaches or stomach aches
- ✓ Difficulty sleeping
- ✓ Feeling overwhelmed
- ✓ Negative thoughts ("I'm going to fail")

Remember: You are more than your results.
Your wellbeing comes first.

👍 HELPFUL MINDSET SHIFTS

Instead of thinking...

I have to be perfect.

What if I fail?

This is too hard.

I'm not good at this.

Try thinking...

I'll do my best.

I'll learn from it.

I'll take it one step at a time.

I'm improving every day.

Remember: Positive thoughts lead to positive actions.

5 STEPS TO MANAGE EXAM ANXIETY

1 PLAN AHEAD



- Make a study timetable.
- Break subjects into manageable chunks.
- Set realistic goals.

A plan reduces stress and builds confidence.

2 STUDY SMART



- Use active study methods (summaries, flashcards, past papers).
- Take regular breaks.
- Avoid cramming.

Smart study > long hours.

3 LOOK AFTER YOU



- Get enough sleep.
- Eat healthy food.
- Stay hydrated.
- Exercise or move your body.

A healthy body supports a healthy mind.

4 CALM YOUR MIND



- Try deep breathing.
- Use grounding techniques.
- Listen to music.
- Take time to relax.

Calm mind, clear focus.

5 TALK ABOUT IT



- Share how you feel with someone you trust.
- Don't keep it all inside.
- Asking for help is a strength, not a weakness.

You don't have to go through it alone.

🌸 QUICK CALM DOWN TECHNIQUE

Try the 5-4-3-2-1 Grounding Method

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Take a slow breath in... and out.
Repeat as needed.

You've got this!

📅 EXAM DAY CHECKLIST

- ✓ Get a good night's sleep
- ✓ Eat a healthy breakfast
- ✓ Pack everything you need
- ✓ Arrive early
- ✓ Take deep breaths
- ✓ Read questions carefully
- ✓ Manage your time
- ✓ Stay positive



You've prepared. Trust yourself!

🎧 TAKE BREAKS THAT HELP

During study breaks, try:

- ★ Stretching
- ★ Going for a walk
- 🎵 Listening to music
- 🎮 Doing something you enjoy
- 🗣️ Talking to a friend



Good breaks help your brain reset and stay focused.

! WHAT IF I PANIC?

- 1 Notice how you feel.
- 2 Take slow, deep breaths.
- 3 Focus on one thing at a time.
- 4 Remind yourself: "This feeling will pass."
- 5 Keep going - you've got this!

Panic is temporary.
You are stronger than you think.

👥 YOU ARE NOT ALONE

Many people feel exam anxiety. You are not the only one.

Reach out if you need support.

Talk to:

- A trusted adult
- A teacher or school counsellor
- A friend
- A helpline or support service



Asking for help is a brave and positive step.

🧠 ANXIETY THOUGHT CHALLENGE

Write down an anxious thought, then challenge it with a more helpful one.

Anxious Thought

I'm going to fail.

Everyone else is smarter than me.

One bad grade will ruin everything.

Helpful Thought

I've done my best and I can do this.

I'm learning and improving every day.

One test doesn't define my future.

You can change the way you think!

★ MOTIVATION BOOSTERS

Remind yourself why you're working hard.
Write your reasons below.

1. _____
2. _____
3. _____
4. _____
5. _____

Focus on your 'why' when it gets tough.

🏆 TODAY'S WIN

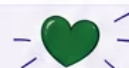
Write one thing you're proud of about yourself today.



Celebrate small wins. They lead to BIG success!



PREPARE. STAY POSITIVE. DO YOUR BEST.
Believe in yourself. You can do it!



LEARN • GROW • THRIVE

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