

#TakingActionOnMentalHealth



A guide for young people

Dealing with Exam Results Stress & Anxiety

About this guide

First of all - congratulations on completing your exams!

It's natural to now feel a mix of excitement and anxiety while you await the results but remember, you're not alone on this journey.

We understand that this can be an overwhelming time filled with uncertainty about the future.

That's why we have prepared this handy guide to share valuable insights and strategies to help you navigate through the rollercoaster of emotions that you may now be experiencing.

Using this guide will help to equip you with effective tips and strategies to manage any stress or anxiety you may be dealing with.

If you're feeling the pressure building up, we're here to offer practical advice on maintaining your mental wellbeing and finding your balance throughout this journey.

Let's dive in and learn how to stay composed in the lead up to results day, and on the day itself.



Understand that it's normal

Recognize that feeling anxious about exam results is a common experience. Allow yourself to feel these emotions and understand that they are part of the process.



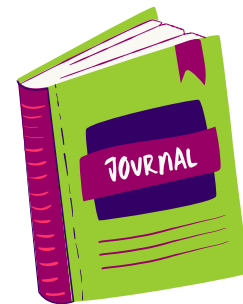
Distract yourself

Engage in activities that bring joy and relaxation. Pursue hobbies, read a book, spend time with loved ones, or try mindfulness exercises to shift your focus away from the results.



Avoid negative coping mechanisms

Resist turning to negative coping mechanisms as a way of dealing with anxiety, such as comfort eating junk food, staying up late, or sleeping too much. Seek healthy alternatives like exercise, journaling, or talking to a friend.



Set realistic expectations

Understand that results may not always align with your expectations. Embrace the uncertainty and remember that setbacks can be stepping stones to growth.



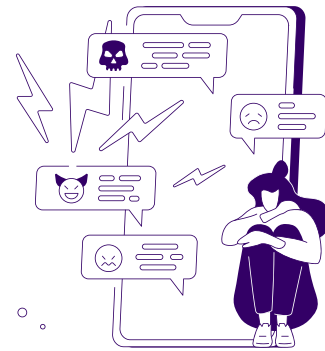
Avoid comparing yourself to others

We know it's sometimes easier said than done, but avoid comparing yourself to others. Each person has a unique journey, and success comes in various forms. Celebrate your achievements and strengths, regardless of the outcome.



Limit your social media time

We all know how easy it is to get sucked into 'doomscrolling'. Try limiting your screen time especially on results day - and this will help you avoid comparing yourself to others.



Maintain a healthy lifestyle

Ensure you get sufficient sleep, eat nourishing foods, and engage in physical activity. A healthy body supports a healthy mind and helps in managing stress effectively.



Challenge negative thoughts

Remind yourself that exams don't define your worth or potential. Focus on your efforts and the knowledge gained throughout the learning process.



On results day...



Plan Distraction Activities: Keep yourself busy on with activities you enjoy. Plan outings, movie nights, as a treat for later that day. This will help keep your mind occupied and away from results-related stress.



Engage in Relaxation Techniques: Practice deep breathing, meditation, or yoga to calm your mind and body during stressful moments.



Seek Support: Talk to friends, a family member, or a counsellor about your feelings. Expressing your emotions can be therapeutic and provide valuable perspectives on coping with exam result stress. We've provided further sources of support in this guide.



Reflect on the Journey: Regardless of the outcome, take time to reflect on your efforts and progress. Identify areas of improvement and set new goals for future endeavors.

Remember, exam results are just one chapter in your life's story. Embrace the lessons learned and remember that every experience is an opportunity to grow. Whether the results bring smiles or challenges, you have the strength and resilience to overcome any obstacles that come your way. Stay positive, and believe in yourself - you've got this. Good luck!



Sources of support



If you need urgent support please contact one of these agencies:

- **Samaritans**

"It's alright to ask for help"



116 123

- **Lifeline**

Lifeline

0808 808 8000

- **Childline**

ChildLine
0800 1111



Action Mental Health
Central Office
27 Jubilee Road
Newtownards
Co Down
BT23 4YH
T: 028 9182 8494

www.amh.org.uk

