

Exam season self-care

A note on pressure and doing your best

It's good to push yourself and try your best as feeling proud of the work you've put in is important. But pushing yourself too hard can take a real toll on your mental wellbeing. Finding the balance between motivation and self-care is part of looking after yourself during exam season.

Being open with the people around you, and making time to step outside each day, helps keep you grounded in reality rather than stuck in your head. Fresh air, movement and social connection can stop pressure from building up and prevent overwhelming feelings from taking over.

You deserve to feel steady and supported this exam season, and this is also a chance to practise healthy coping skills and build resilience by learning what helps you manage stress in a way that feels good to you.

Eat + drink

- Bring snacks
- Drink water
- Take breaks away from your desk

Take a real break

- Have a hot drink away from your workspace
- Watch something that makes you smile
- Do something creative

Ground yourself

Try the 5-4-3-2-1 technique.

Engage your senses to anchor yourself in the present moment.

- Look around and identify:
- 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

Talk to someone

- Share worries with friends or family
- You don't have to carry everything alone

Move

- Stretch
- Walk
- Get some fresh air

Be kind to yourself

- Everyone works differently
- You are more than your grades

Sleep

- Keep a steady routine
- Rest helps your memory more than late-night cramming