

Are you really worried about something?

We can feel worry or anxiety in all sorts of situations, and it is a normal feeling when things are uncertain. It can help to motivate us, but sometimes it can feel overwhelming or make it hard to focus.

Helping with worry

Circle of Control – This tool can help us to understand what we can and can't control in life, and learn to focus our energy on those things that we can control, like our actions and reactions. This can really help when we feel overwhelmed. Watch this [video](#) to learn more.

Have a plan – When we have sorted our worries into things that we can or can't do something about, we can use a tool like the [Worry Tree](#) to help us come up with a plan to manage the worry.

Practice self-care – Self-care will look different for all of us. Finding the right strategy or technique that works for you, and including self-care in your schedule, helps our overall wellbeing, making it easier to deal with worries when they come along. Take a look at our self help tools later in this pack, or [Anna Freud's list](#) of self-care techniques.

Exam stress

Exams can be a particular pinch point when it comes to worry and stress. They can feel like a lot to deal with, but there are things that you can do to help.

During revision/build up to exams

- Have a clear schedule of what you are revising and when. Make sure this includes breaks.
- Make sure you include time for things that you enjoy.
- Keep your body healthy by eating well, drinking enough water, getting in some physical activity, and having a good sleep routine.
- Spend time with others, both to study so you can share ideas, and to do fun things to help you relax.

The day before/day of the exam

- Have everything you need prepared the night before.
- Get a good night sleep.
- Have breakfast.
- Try a breathing exercise or grounding technique before you go into the exam.

After the exam

- Don't spend too long comparing your answers with other people, or going over what you could have written. This is now out of your control.
- Take some time to relax before the next exam, or the next period of revision begins.

Remember, it is ok to ask for help. Speaking to teachers can help with specific subjects you might be finding hard, exam practice or study skills.

Helpful tools

- [Kooth](#)
- [Childline](#)
- [Samaritans](#)
- [Talk/Isle Listen](#)