



Wellbeing Tips for Results Day



Whether you get the results you expected or not, that's okay.

Remember that they do not measure kindness, creativity, resilience, humour, or many other positive qualities.

It is normal to feel overwhelmed, anxious or uncertain, even if you got the results you wanted. Try to celebrate what you have achieved, whether that's academically or not.



Take it slow.



This isn't a time to make decisions in the heat of the moment. There are often more opportunities and possibilities than you can see in the moment.

It's natural for emotions to feel heightened at this time. You may feel upset, angry, guilty, embarrassed or confused. All emotions are valid.





Giving yourself chance to digest your results and reflect is helpful. Take as much time as you need to work out your next steps.

If your results are not what you expected, ask questions and seek advice on opportunities including appeals, resits, alternative courses, apprenticeships or other routes towards your goals.





It's an important time to support each other, regardless of our results or choices.

Don't compare yourself to others. We are all individual for a reason, some people thrive with exam pressure and others don't, we all have strength and weaknesses.

Be kind to yourself and others.





It's important to look after yourself during times of stress and uncertainty.

Look after your body by eating something nourishing, staying hydrated, getting fresh air and taking time to rest.

Take a break from social media if people's celebrations are increasing your worry.



Wellbeing Tips

Take it slow

Don't make decisions in the heat of the moment. Talk through any decisions with someone you trust.

Support each other

Perhaps you got the results you were hoping for, but a friend is in a different situation. Let them know you're there to support them.

De-stress & take time for you

Despite reassurance, sometimes the stress of the situation can get you down or bring up mixed emotions. It's important you take time to prioritise your wellbeing, doing things that you enjoy like hobbies and passions.

Reach out for further support

Talk about how you are feeling and remember support is available. Talk to friends, family, teachers and remember we are also here at Isle Listen, via the Talk service.

Talk to us



Talk can help those under 18 find
the right mental health support

talk.islelisten.im

Talk is a service commissioned by Manx Care and provided by
Isle Listen in partnership with CAMHS.