

Beating Exam Stress

Exam stress can affect anyone. You might be worried about doing enough revision, getting the grades you need or feel pressure from your college or family. We've put together a quick summary of website links, essential phone numbers for on hand counsellors and mindfulness activities that you may find beneficial throughout this stressful time in the academic calendar.

Please note: If you are experiencing a mental health emergency, please contact 999 or contact the following 24 hour services:

- ❖ Samaritans on 116 123 (24 hours a day)
- ❖ Childline on 0800 1111 (24 hours a day)

5 Ways To Beat Exam Stress

No matter how much work you have to do, it's important to take regular breaks and find ways to relax. Taking a break can leave you feeling more able to cope, and even make it easier to concentrate when you start working again.

There are lots of things you can do to ease exam stress when revising, including:

- 1) Taking a 20 minute break every hour.
- 2) Giving yourself something to look forward to, like a treat (Sweets/chocolate) or an activity you enjoy (Going to the cinema, bowling or hanging out with friends).
- 3) Setting times when you're going to start and finish your revision so you know when to stop. This is a good way of setting boundaries and allowing you to separate study with activities you enjoy.
- 4) Getting enough sleep. Focusing on sleep can help you to concentrate more and feel less stressed.
- 5) Focus on things right now. If you're feeling overwhelmed or angry, take yourself out of the situation by pausing for 30 seconds and feeling your feet firmly on the ground or your back against a chair.

4 Ways to Stay Calm

1. Write down your worries - then tear up the paper, share them with a trusted adult or shred them.

2. Take care of yourself. Run a relaxing bath or go for a walk in the sun.
3. Listen to music. Music is one of the best forms of therapy when feeling stressed.
4. Play a game to take your mind off things.

Support Learning Development

The Learning Development Department at St Brendan's Sixth Form College specialises in support for students with Special Educational Needs, Disabilities, Mental Health, Children in Care and Young Carers.

In 2020, 5,224 suicides were registered in England and Wales

During April 2022, the Learning Development Department have set ourselves the challenge of walking, jogging, running or cycling a total of 5224km to raise awareness of suicide and mental health.

- Suicide is one of the leading causes of death in children & young people.
- Young men are three times as likely to take their own life as their female peers.
- Suicide represents the extreme endpoint of mental ill-health in children and young people. May more young people either have suicidal ideation, attempt suicide, and a greater number still self-harm.
- Official records of deaths by suicide may underestimate true numbers of deaths where suicidal intent was present.

All money raised will be donated to Young Minds.

Please see link below to donate:

https://www.justgiving.com/fundraising/st-brendan-s?utm_source=Sharethis&utm_medium=fundraising&utm_content=st-brendan-s&utm_campaign=pfp-email&utm_term=e7a2c0118a3345a5b503b023b0a79935.

Useful Links



[TalkCampus | St. Brendan's Sixth Form College](#)

TalkCampus has arrived at St. Brendan's Sixth Form College! Get instant support for your mental health any time of day and night

through the TalkCampus app.

www.students.talkcampus.io



[Exam Stress | How To Deal with Exam Stress - YoungMinds](#)

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits. If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:

www.youngminds.org.uk

<https://www.studentminds.org.uk/examstress.html>

[Exam stress - Student Minds](#)

Check out this brilliant article on how NOT to cope with exam stress. Here are some highlights: Don't set yourself ridiculous goals. Nobody can revise 10 topics in a day! Avoid setting the day up to be a disappointment.

www.studentminds.org.uk

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/managing-stress-and-building-resilience/>



[Managing stress and building resilience - tips - Mind](#)

Managing stress and building resilience. Being prepared for periods of stress can make it easier to get through them. And knowing how to manage our

wellbeing can help us recover after a stressful event.

www.mind.org.uk

Anxiety

Anxiety is a natural human response when we feel that we are under threat. It can be experienced through our thoughts, feelings and physical sensations, but anxiety can become a mental health problem if it impacts your ability to live your life as fully as you want to.

(Mind, 2021)

Useful links to help with Anxiety:

- ✚ **Shout** offers a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. To contact, **text 85258**.
- ✚ **Anxiety UK** offers advice and support for people living with anxiety between Monday and Friday 9.30am–5.30pm. You can contact a team member via the following: [03444 775 774](tel:03444775774) (helpline), [07537 416 905](tel:07537416905) (text).
- ✚ **No Panic UK** provides a Youth Helpline (**0330 606 1174**) for under 18's, Monday, Tuesday, Wednesday, Friday: 3pm to 6pm, Thursday: 3pm to 8pm, Saturday: 6pm to 8pm.
- ✚ **Kooth**- Need to talk? Kooth is a FREE, safe and anonymous online support for young people. With trained counsellors, self-help and community support, Kooth is a good option for those who do not want to verbally talk to a counsellor but instead communicate via web chat. To get in contact with someone at Kooth, visit their website: www.kooth.com.

Depression

We all have times when our mood is low, and we're feeling sad or miserable about life. Usually these feelings pass in due course. But if the feelings are interfering with your life and don't go away after a couple of weeks, it could be a sign that you're experiencing depression. For more information, here is a short YouTube video discussing different experiences with depression: <https://youtu.be/m82jEQXRurg> (Mind, 2021)

Useful links to help with Depression:

- ✚ **NHS Choices** is a 24-hour national helpline providing health advice and information. Call them free on 111.

- ✚ C.A.L.M. Is a national helpline for young men to talk about any troubles they are feeling. Call 0800 58 58 58 or to access interactive resources, visit the website: www.thecalmzone.net.

- ✚ Papyrus is a great service for young people worried about how they are feeling or anyone concerned about a young person. To contact Papyrus call their HOPEline on 0800 068 4141, text 07786 209697, visit the website www.papyrus-uk.org or email pat@papyrus-uk.org.

- ✚ Samaritans offer a 24-hours a day, 7 days a week support service. Call them FREE on 116 123 or if you would prefer, you can access the Samaritans self-help app to interact via instant messaging. (www.samaritans.org.uk)

- ✚ **Young Minds** is a website and text support network specifically aimed at students and young people across the UK. For tips and advice on how to look after your wellbeing, visit their website: www.youngminds.org.uk, or to chat to a member of their understanding team, text YM to 85258 for FREE.

Mindfulness

It can be easy to rush through life without stopping to notice much. Mindfulness can help us enjoy life more and understand ourselves better. (NHS, 2021)

Below are key resources for you to take part in mindfulness and maintain your mental wellbeing this summer:

- ✚ **No Panic's** Relaxation Techniques : [Relaxation Technique - NoPanic](#)
- ✚ **The Little Book Of WOW:** https://www.centreforthrivingplaces.org/wp-content/uploads/2016/12/WOW_A7-FINAL.pdf
- ✚ **Mind** has a great selection of self-help step by step mindfulness exercises you can try via their website. Additionally, you can watch as their volunteers explain the benefits of mindful eating exercises (<https://youtu.be/aZ-fp6qws8Q>) and the mindfulness of dogs (<https://youtu.be/fU3MC1jGDsg>) along with tips on how to make the most of your mindfulness session.

Eating Disorders

Anyone can experience eating problems. This is regardless of age, gender, weight or background. Whilst away from college over the summer break, it can sometimes be hard to maintain routine and a healthy relationship with food. (Mind, 2021)

Below are some important contacts should you need support whilst away from the college:

- ✚ **BEAT** is an online support website for those struggling with eating disorders. You can contact BEAT via their helpline (Student line: **0808 801 0811** and Youth line **0808 801 0711**). If you would prefer to contact BEAT virtually, visit their one-to-one web chat here: [Online Support For Myself \(beateatingdisorders.org.uk\)](https://www.beateatingdisorders.org.uk).
- ✚ **Anorexia and Bulimia Care** are there to listen to any worries that you may have about eating disorders or disordered eating and to provide support and guidance from your mobile phone. You can call their helpline on **03000 11 12 13** or visit their website: [Help For You | Anorexia & Bulimia Care \(anorexiabulimiacare.org.uk\)](https://www.anorexiabulimiacare.org.uk)

Self-Harm

Self-harm is often a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. If you feel you are in need of support for self-harm, below are some useful contacts including apps and groups you can use to prevent and manage self-harm during the holiday:

- ✚ **Self Injury Support** is a national support and resource for girls and women. For support text TESS on **0780 047 2908** or email TESS Telephone support **0808 800 8088** (<https://www.selfinjurysupport.org.uk/Pages/Category/self-help-resources>). SIS also offer The Rainbow Journal - a resource co-produced by young people who self-harm pdf is available online <https://www.selfinjurysupport.org.uk/RJ/>
- ✚ **NHS:** The Calm Harm is an app designed to help people resist or manage the urge to self-harm. To download the app simply search on App Store or follow this link to the NHS website: [Calm Harm app - NHS \(www.nhs.uk\)](http://www.nhs.uk).
- ✚ **Self Injury Self Help** is a local support group for students over 18 who self-harm. To find out more about how SISH could help you or to gain more information, visit their website: www.sishbristol.org.uk

Domestic Violence

Anyone can be a victim of domestic abuse or violence, regardless of gender, age, ethnicity, socio-economic status, sexuality or background. There is no distinction between heterosexual, homosexual, bisexual or transgender relationships in domestic violence/abuse. (NCDV, 2021)

Below are the contact numbers for a range of supportive charities based in the UK who help victims of domestic violence/abuse:

- ✚ **The Bridge**- Call The Bridge on **0117 342 6999** or email at: ubh-tr.thebridgecanhelp@nhs.net.
- ✚ **The Hide Out** want to make sure that experiences of domestic violence are not being overlooked. For more information on how to seek support or ask questions about domestic violence, visit The Hide Out's website: www.thehideout.org.uk .
- ✚ **Somerset and Avon Rape and Sexual Abuse Support**: information and support for girls, boys, women and men who have survived rape or sexual abuse. To contact SARSAS call their supportive team on the following numbers: **0808 801 0456** (girls and women), **0808 801 0464** (boys and men) www.sarsas.org.uk
- ✚ **Men's Advice Line** is a helpline created specifically for male victims of domestic abuse/violence. To contact their FREE support service call **0808 8010327** (www.mensadviceline.org.uk)
- ✚ **Childline** is there for you online, on the phone, anytime (24/7). The dedicated helpline is available on for children and young people on **0800 1111**.