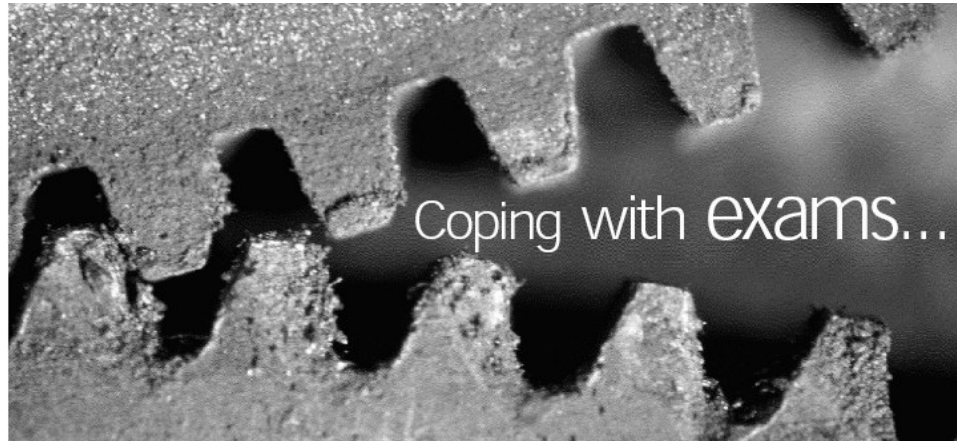


Most people worry about taking exams.

Worrying can make us feel stressed and anxious.



So what can you do to calm down?

Don't leave your revision until its too late.

Pace yourself over the weeks before the exams start .

Get some exercise. Exercise uses up hormones which build up when we are stressed – so exercise makes tense muscles relax .

Don't spend hours in your room trying to revise. It might impress your family, but quality revision is best done in short bursts with breaks in between.

Plan a treat for when you're taking a break. Chill out. Try to do something which makes you laugh. Laughter is good for releasing tension.

Don't rely on alcohol or drugs to make you feel better. They may appear to work at first but they can actually make you feel much worse in the long run .

Talk about your worries to your parents or a friend.

There may be someone in school you could talk to – one of your teachers, the school nurse or a counsellor. Sometimes things can get out of proportion when you keep them to yourself.

Take care if you're sharing your feelings with people in chatrooms. Make sure that you're getting something positive out of it.

If you think you might need extra help talk to your doctor. Don't be embarrassed – adults talk to doctors about stress all the time!

What if you don't get the results you had hoped for?

It's good to be ambitious and to **set yourself targets** for personal achievement.

However, **disappointing things can and do happen to all of us during our lives.**

Although it may seem so at the time, **it's not the end of the world.**

In fact, **many successful people have failed exams** somewhere along the way.

There is always the chance to **try again** or to **rethink your plans.**

If your feeling of disappointment is overwhelming **do talk to someone about it**

Useful contacts:

Childline: Freephone 0800 1111
www.childline.org.uk

Samaritans: 08457 90 90 90 (UK)
1850 60 90 90 (Republic of Ireland)
www.samaritans.org
email: jo@samaritans.org

 **PAPYRUS**
prevention of young suicide

For more information about PAPYRUS contact us at:
Rossendale GH, Union Road, Rawtenstall BB4 6NE
Phone + Fax: 01706 214449
email: exams@papyrus-uk.org
www.papyrus-uk.org