



Exam Anxiety

NEWSLETTER

MARCH 2024

WHAT IS ANXIETY?

Anxiety is when you feel scared, worried or panicked about something. It's a normal, human feeling and your body's natural response to stress or danger. Anyone can experience anxiety, regardless of age, gender, race, culture or faith.

We all feel anxious from time to time. Day-to-day things like friendship, money, exams or work can cause anxiety. Or certain situations, such as travelling home at night, starting a new school or giving a presentation. But the feeling usually passes once we feel safe or solve the problem we had. **Source: YoungMinds**



Did you know?

One in **five** children aged 5 to 16 were identified as having a probable mental health problem in 2023. That's **6** children in every classroom!

Source; Mental Health of Children and Young People Survey, NHS 2023)

EXAM ANXIETY

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. It's normal to feel worried about exams, but sometimes the anxiety and stress can become overwhelming and it might start to affect your sleeping or eating habits.

Don't feel alone, there's lots of help and support available online, click on the logos to head straight there!

CHECK OUT THIS VIDEO TO SUPPORT YOUNG PEOPLE WITH EXAM STRESS [HERE](#)



TIPS TO MANAGE EXAM ANXIETY

- **Make time for things you enjoy.** Find ways to release stress and celebrate progress. You could listen to music, draw, cook, go for a walk, play a sport or visit the cinema.
- **Talk to others about how you feel.** Connect with other people, especially your peers who are also taking exams and might be feeling anxious too.
- **Try to find balance.** Take regular breaks and be realistic about what you can do in a day. Keep things in perspective and remember that exams won't last forever.
- **Take care of your physical health.** Make sure you get enough sleep, food, water and exercise. If you take regular medication, keep up with your routine.
- **Focus on yourself.** Try not to compare yourself to others. Think of things you like about yourself and what you're good at.
- **Ask for help** Talk through your concerns with your teacher/tutor who can let you know what support your school or college can offer you.



IS BACK FOR 2024!

Move it March is our biggest ever physical activity programme! The project aims to encourage children and young people, across South Leicestershire, to become more physically active and increase the number of children achieving the recommended guidelines of at least 60 minutes of exercise every day.

Last year, **12,651** participants in South Leicestershire took part and moved for a total of **3,739,500** active minutes! How many active minutes can you achieve this March? Whether it is a walk, a game of tennis or dancing, it all counts! For more information, click [here!](#)

#MOVEITMARCH2024

RELAXATION

Click [here](#) to learn some new relaxation techniques.

Key March dates

- International Women's Day- 8th
- Nutrition & Hydration Week- 11th-17th
- World Sleep day-15th
- World Oral Health Day -20th



LET'S GET SOCIAL

