

# Supporting your Mental Health & Wellbeing during exams

Pressure to do well in Year 11 can be overwhelming and affect your mental health. Here's our advice if it's all getting a bit too much.

**Let your trusted friends and family know you are struggling**

**Ask for help. Think about the practical support you need**

**Attend additional study sessions**

**Be kind to yourself**

**Talk to people**

**Find a balance**

**Be organised**

**Separate where you rest and revise**

**Set up study dates**

**Get professional support if you need it**





Write a list of all the things you like about yourself

Write another list of things that other people value about you

Reflect – are the lists the same? If so why, If not, why not?

Write a plan for:

- When you are going to revise what
- Where you are going to revise
- When you are going to plan time to do things you enjoy
- When you are going to connect with friends

