

## No 4: How to help your child manage their anxiety during exams and tests

Exams and tests can be stressful. There are a number of ways you can help your child.

It is totally natural during times of stress that we feel a certain level of anxiety. Our body does this as part of the 'fight, flight' response. It is normal and we can harness this stress to help us perform at our best. But if the stress becomes too intense this will lead to anxiety.

It is important to find ways to cope with the stress we might experience during exams. There are several simple things you can encourage your child to do which will help:

- Be prepared through adequate revision, but find time to relax. There needs to be a balance between revision time and relaxation time.
- Encourage exercise; sports, going for a run or walking the dog.
- Eat healthy; having five portions of fruit and veg a day.
- Sleep; get enough sleep each night. As a teenager they should have 8-10 hours per night.
- Encouraging healthy eating, exercise and sleep will reduce stress and improve concentration.

Other things young people use to cope with stress include:

- Art, music, playing with pets, talking to friends and family, gaming.
- Don't pressure your child to study - encourage them.

Try and find ways to help them study, showing your support.

### STRESS CURVE

