

MANAGING EXAM STRESS WORKSHOP

MHST- WAVE 6

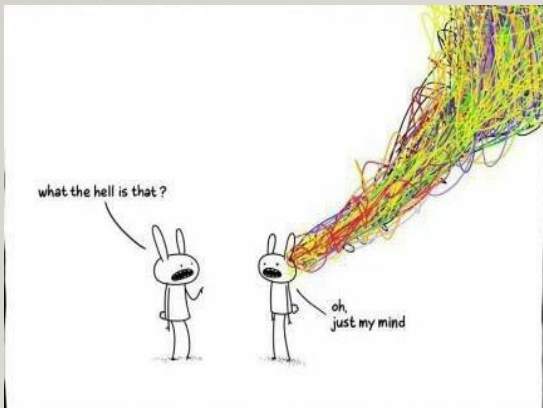
ICEBREAKER

- Name
- Last Netflix/Amazon/Tv/Cinema thing watched
- Favourite snack
- Pets preferences?
- One thing to get from the session





PRESENT & 5 SENSES



Research about thoughts;

- 50-60,000 per day.
- 80-90% Dwelling on past or Worrying about future.

Grounding Exercise

*For use during a panic attack,
when you need to stay calm,
or anytime you feel "disconnected" from your body.*

Look around you. Identify + name:

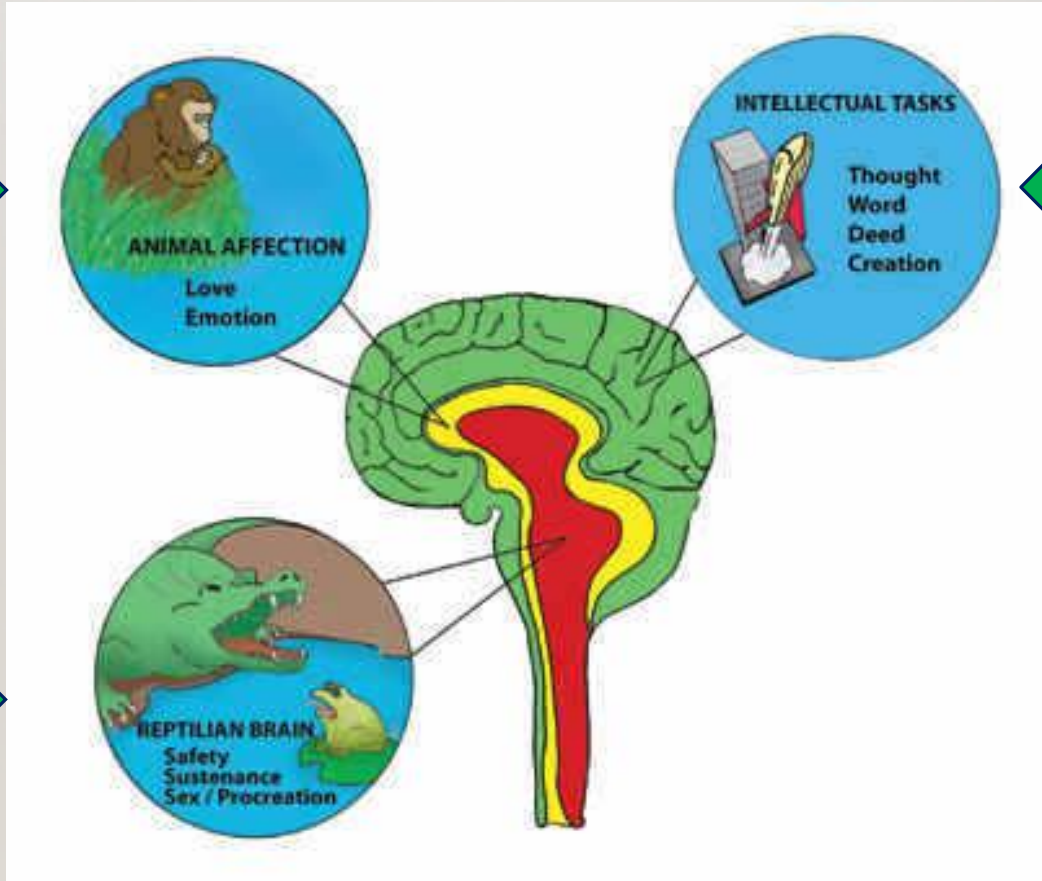
- 5 things you **see**
- 4 things you **feel**
- 3 things you **hear**
- 2 things you **smell**
- 1 thing you **taste**

puzzlepeacecounseling.com

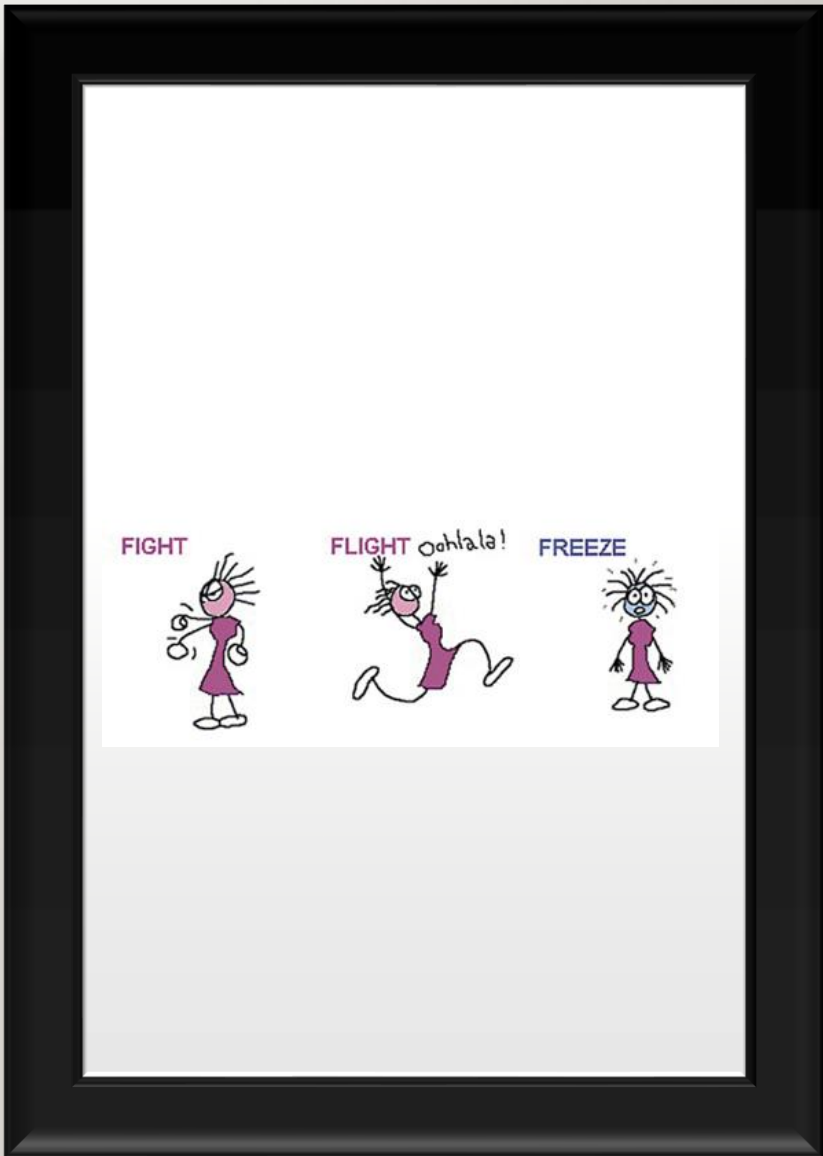


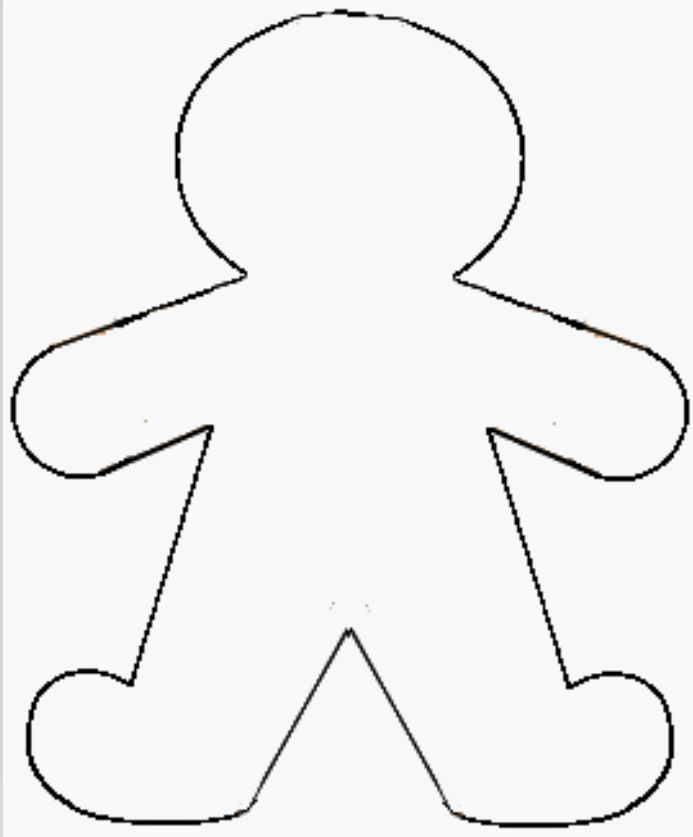
Emotional
brain

Reptilian
brain



Thinking
brain





What happens in
the body when
we are angry?



- Temperature
- Breathing
- Energy
- Muscles

TEMPERATURE



COLD TEMPERATURE



HEAVY BREATHING



BREATHING

PACED BREATHING

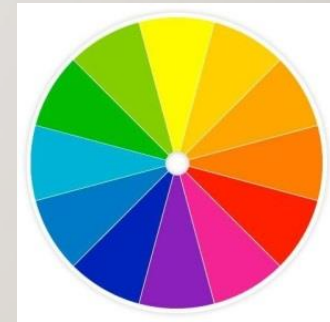
Breathe in for 4 seconds,
Hold your breath for 7
seconds,
Then breathe out for 8
seconds.

Repeat 3 times

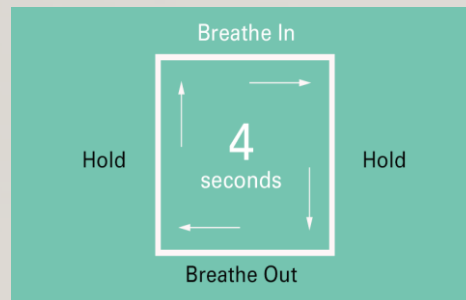
www.crestingehill.com.au



COLOUR BREATHING



SQUARE BREATHING



FINGER BREATHING



ENERGY



INTENSE EXERCISE (2-3 MIN)



1. Planks



2. Push-ups



3. Crunches



4. Cycling



5. Lunges



6. Running

MUSCLES



PROGRESSIVE MUSCLE RELAXATION

EXERCISES

- Feet and Quads

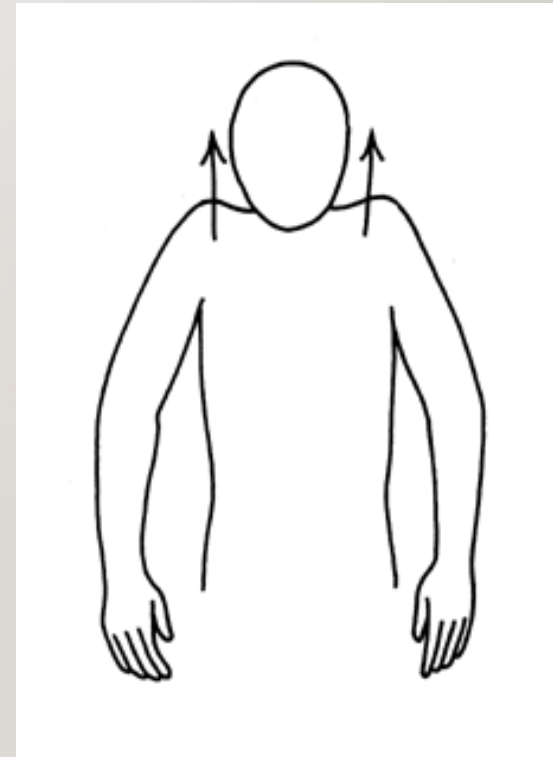


- Shoulders and neck



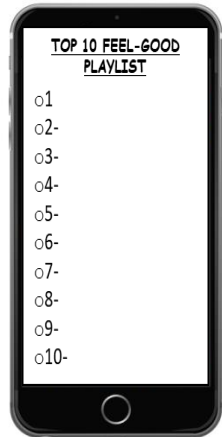
- Hands

- Face



HEARING/LISTENING

Music

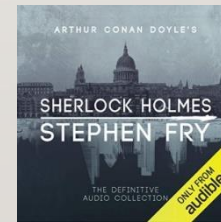


Music can change the way we feel. Make different playlists to help you with different moods.

Soothing Sounds



Audiobooks Podcast, soothing voices

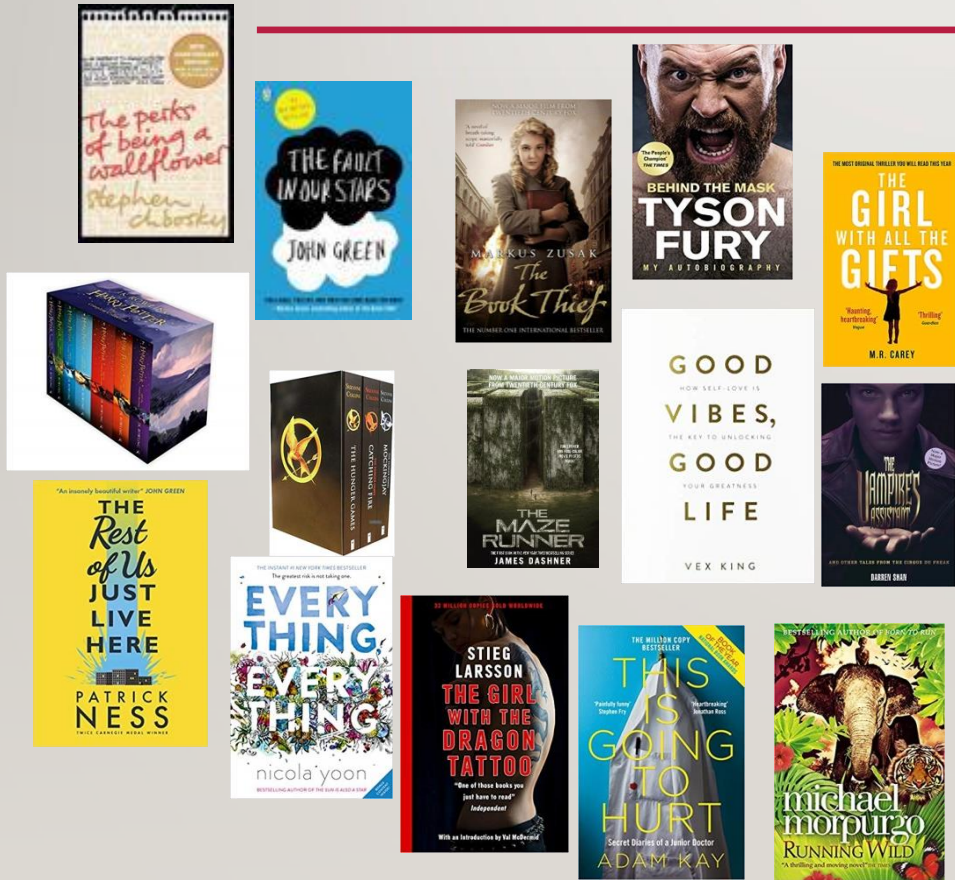


Guided Mindfulness

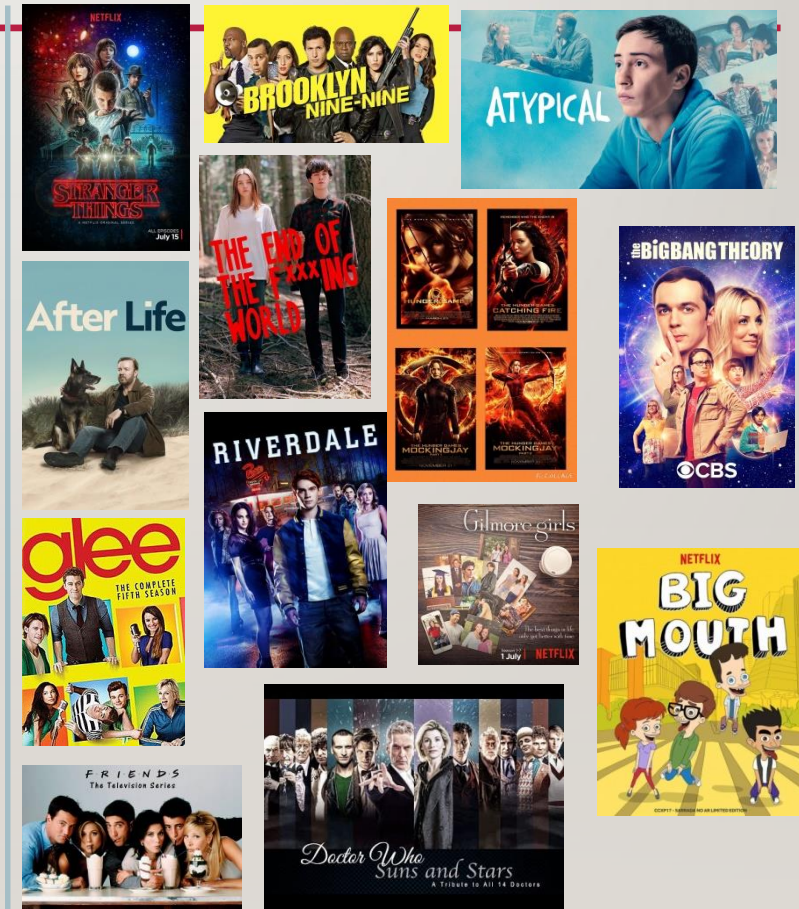


READING & WATCHING

BOOKS TO READ RECOMMENDED BY OTHER YOUNG PEOPLE



SHOWS TO WATCH RECOMMENDED BY OTHER YOUNG PEOPLE



BACK TO BASICS

FOOD & WATER



Fresh-air



Move & Stretch



Sleep



Connections



Stimulation



TIPS FROM OTHER YOUNG PEOPLE



- ▶ “Learn to recognise when you're stressing out. A break or a chat with someone who knows the pressure you're under can get things into perspective.”

- ▶ “Avoid comparing your abilities with your mates. Those ‘Oh my God I've only read Macbeth 17 times’ conversations are such a wind up. Everyone approaches revision in different ways, so just make sure you've chosen the method that works best for you. Make a realistic timetable. Stick to it.”
- ▶ “Steer clear of the exam 'post-mortem'. It doesn't matter what your mate wrote for Question 3, it's too late to go back and change your answers, so it can just make you worry even more.”
- ▶ “Ultimately, don't lose sight of the fact that there is life after exams. Things might seem intense right now, but it won't last forever.”
- ▶ “If you like to have music on, choose instrumental music. Lyrics can make it harder to focus but instrumental music settles in the background and can help you sharpen your focus.”
- ▶ “Remember that you're not a machine. You deserve time off! Make sure you factor in time to watch a film, go out for a drink with friends or grab a coffee. The most productive brains are those that rest properly too!”
- ▶ “To make my day more manageable, I would break down each hour in to 40 minutes of solid revision followed by 20 minutes of tea making/Beyoncé blasting/wandering in the fresh air, so that I never felt too chained to my laptop on any given day.”

WEB LINKS

- ▶ www.mymind.org.uk
- ▶ www.mywell-being.org.uk
- ▶ www.youngminds.org.uk
- ▶ www.anxietybc.org
- ▶ www.childrenssociety.org.uk
- ▶ www.studentminds.org.uk/exam-stress.html
- ▶ www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/
- ▶ www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/#.WKxcs9Lyii



- Youtube channels; TED talks, The School of Life (positive psychology), The minimalists, etc.
- Smartphone Apps;
- ~~Headspace – 7 guided mindfulness activities free~~
- Smiling mind – mindfulness meditation
- Calm – sounds of nature to help meditation
- Virtual hope box - contains simple tools to help patients with coping, relaxation, distraction, and positive thinking
- Mind shift – anxiety
- Balanced - Track the things you wish you did more often. Be motivated to do them again and again.
- There are various colouring apps too

FEEDBACK

On the scale of 0-10 (0=unhelpful) how helpful attending this group has been?

What things can you see yourself using before, during and after the exams?

What are the most helpful comments / ideas / exercises etc about the workshop?

What are the least helpful comments / ideas / exercises etc about the workshop?

If another young person was unsure about going to a workshop like this what would you advise them?