



EXAMS - Dealing with Pressure

We all experience stress differently in different situations. Sometimes you might be able to tell right away when you're feeling under stress, but other times you might keep going without recognising the signs.

Stress can affect you both emotionally and physically, and it can affect the way you behave.

How can I deal with pressure?

Even though there are likely to be some things happening in your life that you can't control, there are still lots of practical things you can do to manage the amount of pressure you're under day to day.

Identify your triggers

Working out what triggers stress for you can help you anticipate problems and think of ways to solve them. Even if you can't avoid these situations, being prepared can help. Take some time to reflect on events and feelings that could be contributing to your stress (you might want to do this with a friend or family member).

Organise your time

Organising your time could help you feel more in control of any tasks you're facing, and more able to handle pressure.

Top tips:

- Identify your best time of day, and do the important tasks that need the most energy and concentration at that time. For example, you might be a morning person or an evening person.
- Make a list of things you have to do. Arrange them in order of importance, and try to focus on the most urgent first.
- Vary your activities. Balance interesting tasks with more mundane ones, and stressful tasks with those you find easier or can do more calmly.
- Try not to do too much at once. If you take on too much, you might find it harder to do any individual task well. This can make you feel like you have even more pressure on you.
- Take breaks and take things slowly. It might be difficult to do this when you're stressed, but it can make you more productive.
- Try to reassure yourself by breaking things down into small achievable tasks. Address some of the causes of stress

Although there will probably be lots of things in your life that you can't do anything about, there might still be some practical ways you could resolve or improve some of the issues that are putting pressure on you.

Try not to worry about things you can't change.