



Exam stress - a parent and carer's guide

**HUCKNALL
SIXTH FORM
CENTRE**

Key signs to look out for:

Any of the following could be an indicator that your child is beginning to feel stressed or anxious about the forthcoming exams.

- Difficulty getting to sleep or difficulty waking up in the morning
- Constant tiredness
- Forgetfulness
- Poor appetite
- Loss of interest in activities
- Increased anxiety and irritability
- Complaining of unexplained aches and pains
- Complaining of migraines/headaches
- Complaining of blurred vision
- Complaining of dizziness

What to do if you are concerned:

Contact your child's tutor so that they can speak to them and offer support and guidance. This can be done directly through HSFC (**Tel:** 0115 9681657 **Email:** info@hsfc-ac.org.uk) or through the home academy (Holgate, National or QEA).

If you are concerned at the weekend or during the school holidays, organisations such as The Samaritans (www.samaritans.org) and Young Minds (www.youngminds.org.uk) offer specific help and advice for parents.

How you can support your child:

- ✓ Encourage them to talk and listen to their concerns.
- ✓ Encourage them to plan some 'down time' into their revision schedule; this will help them to be more alert and more effective next time they come to revise.
- ✓ Encourage them to take care of themselves, e.g. going to bed at a reasonable time (revision done late at night will not be effective revision), drinking plenty of water (keeping hydrated helps to keep the brain alert), eating healthily (this provides the brain with essential minerals and nutrients that are needed to keep alert and focussed).
- ✓ More advice on how you can help your child can be found on the NHS choices website (<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>)