

Mental health is about the interaction of thoughts, feelings, and behaviours. By accessing the mental health support team, we can help you get what's going on inside, out!

Exam Stress

Exam season is upon us and with this in mind the Education Mental Health Practitioners (EMHP) at Trinity Catholic College, Middlesbrough and Laurence Jackson, Guisborough completed some workshops around coping with exam stress to help and support some of the students who were finding exam season difficult to cope with.

We offered formal group sessions for students who had been identified by their teachers and informal drop ins for any students needing some support and guidance.

The sessions looked at what stress is and if it can ever be beneficial - the students were surprised to find the right amount of stress can be a good thing - it can help to focus and motivate us but we need to be aware of when we are experiencing high levels of stress as that can make us feel overwhelmed. We explored common signs of stress and what stress feels like and the physiological effects that it can have on your body.

EMHP's are trained in Cognitive Behavioural Therapy so we explored how our thoughts around exams can trigger certain feelings and lead us to behave in certain ways. When we are feeling stressed it can lead to a negative cycle so we explored this to create positive thinking cycles concentrating on the behaviours we can change to make us feel more prepared and less anxious when thinking about exams.

We identified that revising helps, so we considered how we could create revision timetables and fit it into our days without feeling overwhelmed. We looked at learning styles to create a schedule that would work for those learning styles. We discussed negative thinking styles and the trap that many children and young people fall into these days of comparing themselves to others. We hoped to demonstrate to the young people that everyone is unique and that we all have our own individual strengths, so that they would feel comfortable in their own skin and that being themselves is 'enough.'

We also spent some time discussing self-care and ensuring that the young people were planning activities and making time for themselves that would bring joy into their lives, before concluding with some guided breathing exercises to help restore and create a moment of calm.

We want to wish all students who are currently taking exams the best of luck! All you can do is your best, and we wish you much success in your next chapter! Let us also thank all of the schools and staff who worked hard to get them there!

Good luck!

How to contact us

If you would like to have your say, or have any other questions please contact us.



Email: info@insideoutmhst.co.uk



Tel: 01642 505580 (Option 3)