

Exam season can feel like a lot to handle.

Taking care of your mental health is just as important as studying.

Feeling stressed during exams is normal.

A lot of young people feel pressure during exam season. You might feel:

- **Overwhelmed**
- **Anxious**
- **Tired all the time**
- **Stressed about results**
- **Worried about letting people down**
- **Unable to switch off**

These feelings are more common than you think.

If things feel too much.

If things start to feel overwhelming, pause for a moment and step away from your revision.

Take a breath, get some fresh air, or message someone you trust. You do not have to deal with stress on your own.

Remember this.

Your grades do not define who you are. Your value as a person is not based on exam results. No matter what happens, there are people who care about you and support is always available.

Things that can help you.

Take regular breaks

Your brain needs time to rest and recharge.

Focus on one step at a time

You do not need to do everything perfectly.

Try to get enough sleep

Sleep helps your concentration, memory, and mood.

Talk to someone

Speaking to a friend, parent, teacher, or support service can really help.

Don't compare yourself to others

Everyone studies differently and copes differently.

Be kind to yourself

One exam does not define your future or your worth.

You are not alone.

PIPS Suicide Prevention Ireland Charity is here to support young people, families, and schools.

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