

Welcome!

April is Stress Awareness Month.

It is also the month when we
start thinking about exams quite
seriously.

Effects of Stress



Mental Effects

Anxiety
Restlessness
Lack of Motivation
Lack of Focus
Anger
Depression

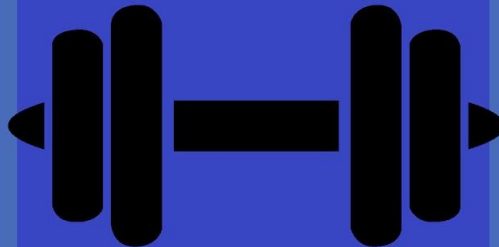
Physical Effects

Headaches
Muscle Tension
Chest Pain
Fatigue
Upset Stomach
Sleep Issues



Behavior Effects

Tobacco Use
Overeating
Drug Use
Social Withdrawal
Physical Outbursts
Less Exercise





Manage Time



Meditation



Spending Time
With Nature



Think Positive

TIPS FOR
STRESS
MANAGEMENT



Listen To Music



Exercise



Talk With Friends



Read Book

| Time | Date | Subject | Length of Exam: |
|-------------|------------------------|---|---|
| 1.30pm | Tuesday, 13 May 2025 | Exam Board: AQA GCSE Biology (paper 1) | 1 hour 45 minutes |
| 9.30am | Thursday, 15 May 2025 | Exam Board: WJEC/Eduqas GCSE Mathematics (paper 1) | 2 hours 15 minutes |
| 9.30am | Wednesday, 21 May 2025 | Exam Board: Pearson/Edexcel Functional Mathematics Level 1 | Paper 1 - 25 minutes Paper 2 - 1 hour 30 minutes |
| 9.30am | Wednesday, 4 June 2025 | Exam Board: WJEC/Eduqas GCSE Mathematics (paper 2) | 2 Hours 15 minutes |
| 9.30am | Monday, 9 June 2025 | Exam Board: AQA GCSE Biology (paper 2) | 1 hour 45 minutes |

Keep a balanced perspective on your exams.

Remember that the world will keep spinning after you have finished the exams and the sun will still come up in the morning and go down in the evening!

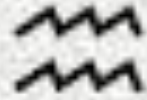
Exam's rules:

- You must be on time
- No mobiles or any other devices
- No talking
- Only clear water bottles - no label and see-through pencil cases
- If you need help, put your hand up and wait

**“Why worry?
If you’ve done
the very best
you can,
worrying
won’t make it
any better.”**

-WALT DISNEY





Don't Stress.

Do Your Best.

Forget the Rest.