

# NURSE'S NOTES

YOUR MONTHLY DOSE OF SCHOOL WELLNESS

NURSE  
DOUGLAS-  
ATKINSON

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Talk Well  
Live Well

VOLUME  
#21

May  
2025

TIPS  
&  
TRICKS

Chill  
TIPS FOR  
EXAM SEASON







# EXAM

VOL. 21

## CHILL TIPS FOR EXAM SEASON

MAY 2025

YOUR GUIDE TO

### *Staying cool, calm, and confident during exams*



#### Preparing for exams?

The examination period is upon us. CSEC and CAPE exams started in the last week of April, and we are now midway through May. This is usually a time that is high in anxiety, but we are here to help you navigate it.

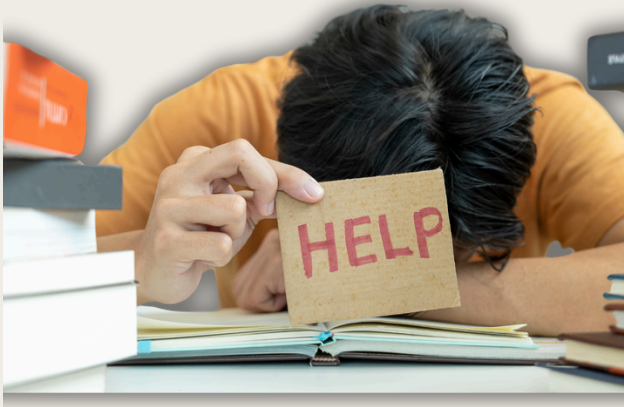
#### Why Exams Feel Like a Storm

Stress doesn't just show up on exam day — it creeps in before, during, and even after. Knowing what causes it is your first step to taking back control.

#### Scripture of the Month:

#### Daniel 12:3 (NIV)

Those who are wise will shine like the brightness of the heavens, and those who lead many to righteousness, like the stars forever and ever."



## 🔍 WHAT'S REALLY BEHIND EXAM STRESS?

You might feel stressed because:

- You're unsure what to expect
- You feel unprepared
- You put a lot of pressure on yourself
- You're worried about what comes next
- Life feels a bit overwhelming
- Too much content to learn
- Not enough time to revise properly
- High expectations — especially from yourself
- Pressure from parents to succeed
- Struggling to understand the subject
- Fear of getting poor grades

Stress looks different for everyone. It can show up as headaches, mood swings, changes in sleep or appetite, or just feeling low. But the good news? There *are* ways to handle it.



## POWER MOVES TO BEAT EXAM STRESS

### **Stay Calm, Breathe On**

When your brain feels overloaded, take a deep breath — literally. Try simple breathing or mindfulness exercises to reset your mind.

### **Fuel Your Focus**

Good sleep, healthy food, and even a quick walk can seriously boost your energy. Aim for 8-9 hours of sleep and 30 minutes of movement each day.

### **Plan It, Don't Panic**

Break down your goals into bite-sized tasks. Be real with your time, work smart, and don't aim for perfection — aim for progress.

### **Study Together, Stress Less**

Studying with friends can help you learn better *and* feel less alone. Plus, talking things out helps things stick.



### 💧 **Handle Panic Like a Pro**

If you feel overwhelmed, stop, breathe deeply six times, sip some water, and break tasks into small steps. You've got this.

### 💪 **Boost That Self-Belief**

Tell yourself something good — even a small win counts. Try saying: "I've done my best," or "I'm ready." Confidence grows with every effort.



### 🗣️ **Reach Out When You Need To**

Don't suffer in silence. Chat with someone you trust — a friend, family member, teacher, or counselor. Asking for help = strength.

## 🧭 **YOUR EXAM SEASON SURVIVAL PLAN**

### **Before Exams:**

- Make time for fun stuff
- Talk to someone about how you're feeling
- Take care of your body
- Balance your time well

### **While Studying:**

- Use a revision schedule
- Join a study group
- Study in a comfy, quiet spot
- Try methods that work for you

### **On Exam Day:**

- Get things ready the night before
- Start your day with calm vibes
- Use deep breaths to stay grounded
- Focus — not rush
- Remember: It won't last forever

### **After Exams:**

- Don't compare answers
- Celebrate that you made it through
- Rest, then refocus
- Treat yourself (yes, really!)


## 💛 **It's Okay to Feel Stressed**

FEELING OFF AROUND EXAM TIME IS TOTALLY NORMAL. WHETHER YOU'RE FEELING NERVOUS, DOWN, OR JUST "MEH," KNOW YOU'RE NOT ALONE. RECOGNISE THE SIGNS, TALK IT OUT, AND GIVE YOURSELF THE CARE YOU DESERVE.



## **Final Thoughts: You Are More Than Your Exams**

Exams matter — but they don't define you. What really counts is your growth, your effort, and how you bounce back. Keep showing up, asking for help when needed, and believing in your journey.

 **TAKE CARE OF YOUR MIND AND BODY. KEEP  
PUSHING FORWARD. YOU'VE GOT THIS!**

**Disclaimer: The content on this newsletter should not be used in place of medical/professional consultation or advice, but to be used for educational purposes only.**

### **Reference**

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