

# Exam Stress



# Introduction to BICS

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Primary and Secondary  
schools

Low mood, anxiety and  
challenging behaviour

Friendships, home life, school,  
past events, exams

Today's focus exams

WSCA – assemblies,  
classes, based in schools

1:1 confidential sessions  
up to 8 sessions. Referrals

# Why it is important to talk

- Don't Hide Your Mind -Talk About It
- 3mins :46 seconds

# Our School Values

**Caring**

**Forgiveness**

**Respect**

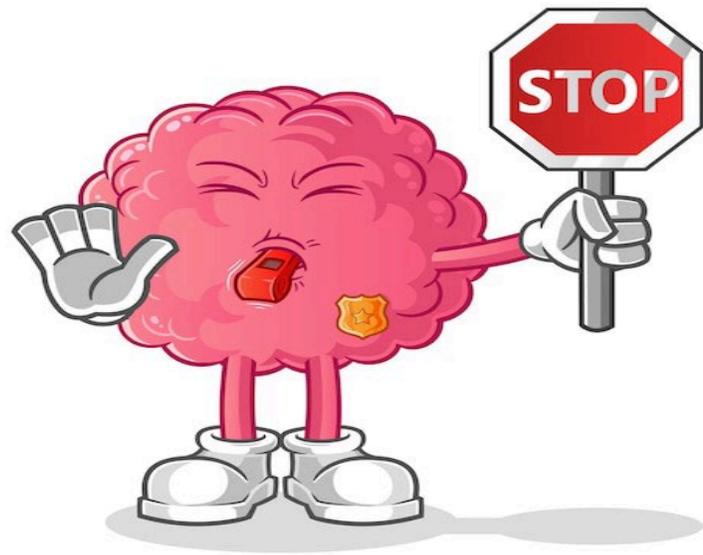
**Fairness**

**Trustworthiness**

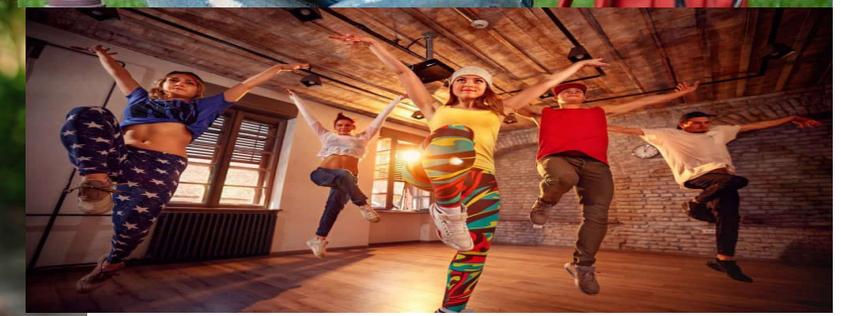
**Responsibility**

- Worried about one subject
- Worried about all subjects
- Worried about your exam results and if you will get into my preferred next step
- Doing ok in the lessons, but worried about the exams
- These are all common exam worries

# Worries can be helpful



**Brain sending you information  
Stop  
Switch from chill mood to  
Performance  
“This matters, let’s get  
ready”.**



# Cognitive Behavioural Therapy, (CBT)

## If you don't do anything your worry can get worse

**Situation: My work is piling up, I can't revise**

Negative Automatic Thoughts:  
My friends are doing better  
I can't keep up/ I am unprepared  
I don't know what might come up in the exam  
I might fail

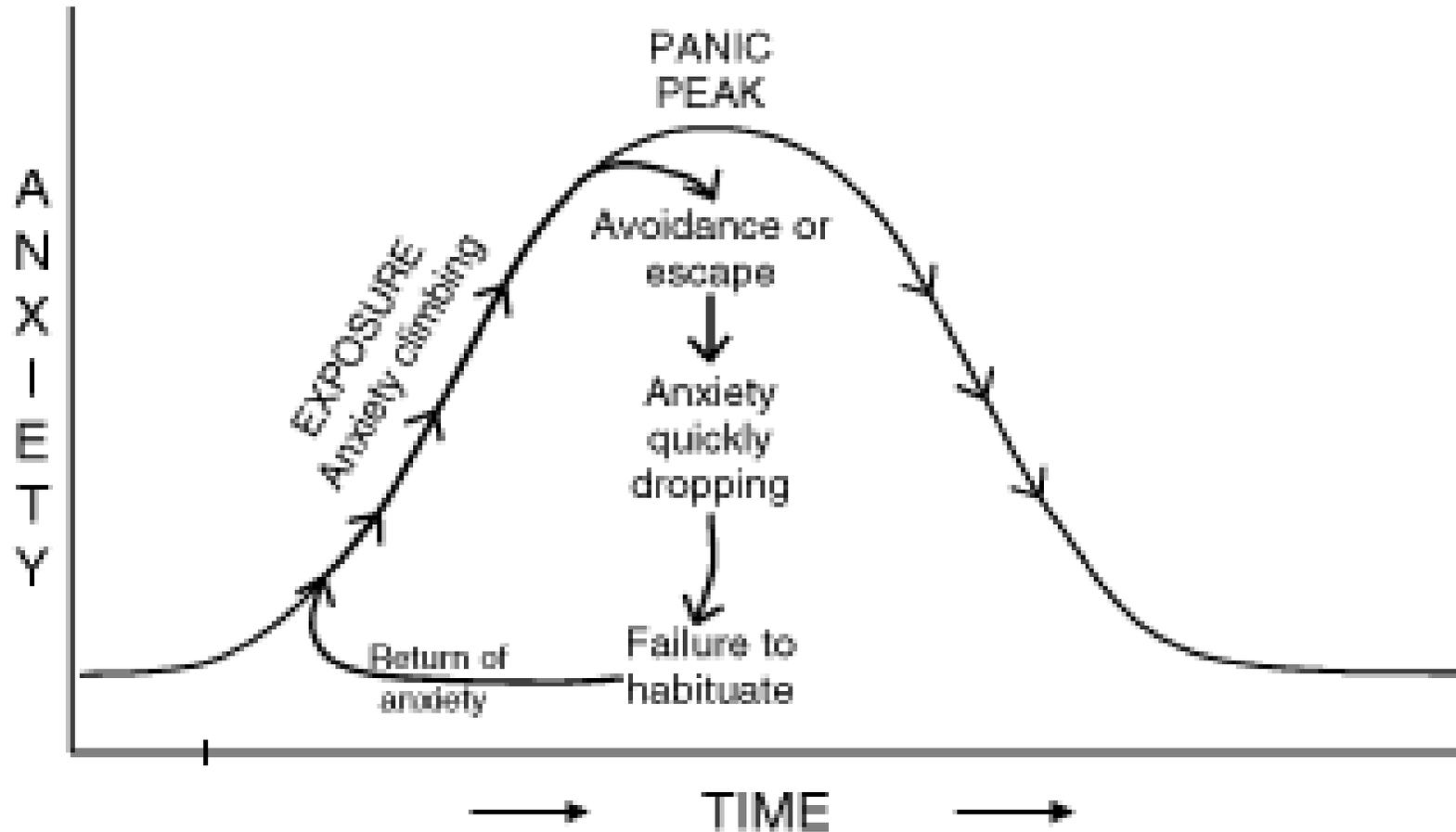
Feelings:  
Overwhelmed  
Anxious  
Nervous  
Angry  
Tired  
Doubtful

Behaviour:  
Don't do anything/go on phone  
Crying a lot  
Withdraw from people  
Shouting/arguing

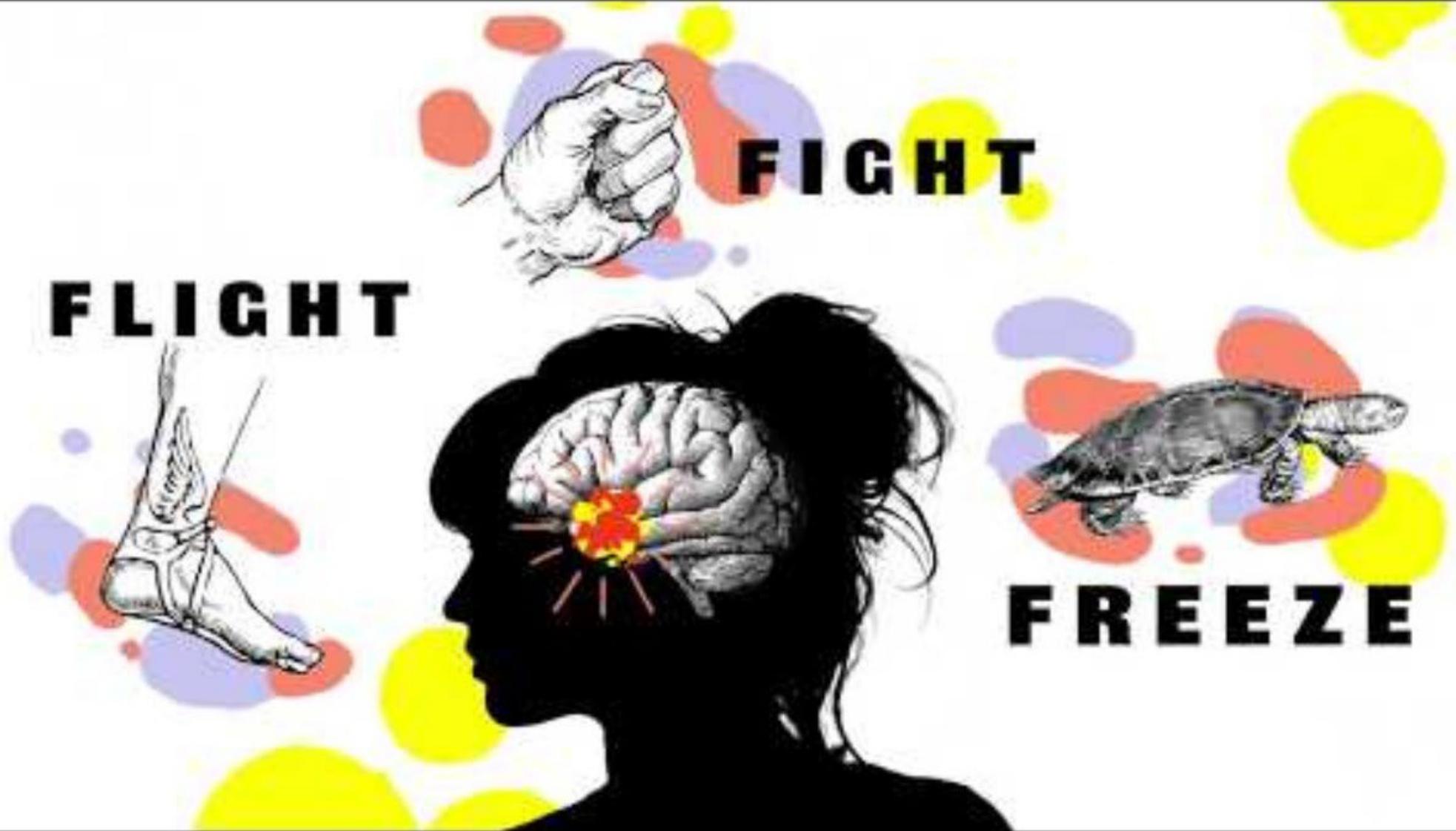
Physical symptoms:  
Stomach ache,  
Headache  
Tense  
Tired  
Sick

# The Vicious Cycle of Avoidance

## THE VICIOUS CYCLE OF AVOIDANCE



# The Vicious Cycle of Avoidance



# Not doing anything can cause low mood – symptom of low mood

- There are a range of low mood symptoms – here are a few
- Feeling sad and low a lot
- Crying a lot
- Disturbed sleep
- Feeling tired alot
- Eating less or more
- Loss of energy
- Don't feel like doing things you enjoy
- Not wanting to be around people
- Don't feel like doing anything
- Lots of negative thoughts

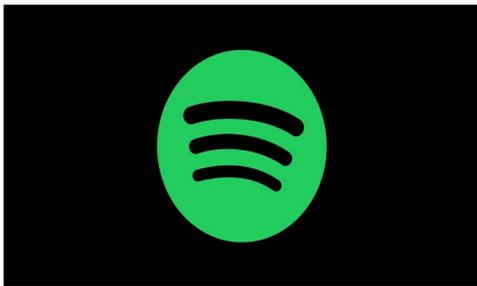
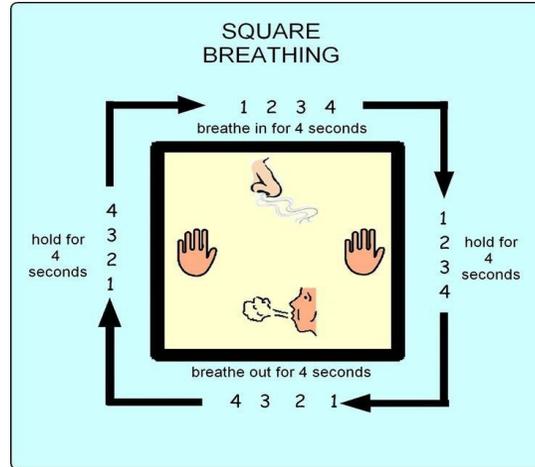


# Breaking the cycle of Negative Automatic Thoughts

# Ways to calm your body and mind

**5 SENSES**  
*grounding exercise*

5 THINGS YOU CAN SEE  
4 THINGS YOU CAN TOUCH  
3 THINGS YOU CAN HEAR  
2 THINGS YOU CAN SMELL  
1 THING YOU CAN TASTE



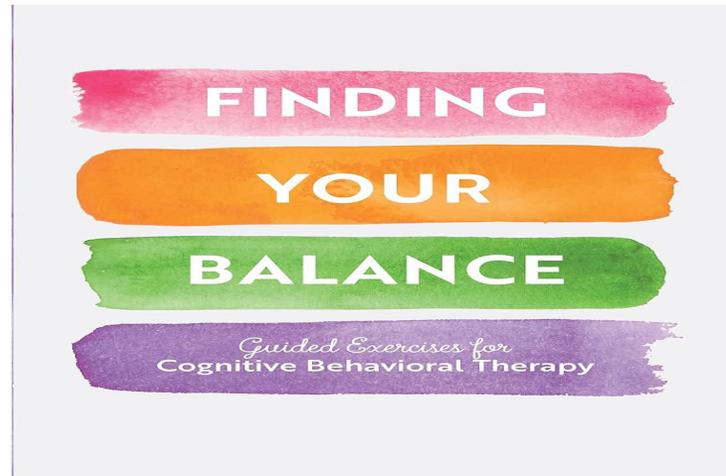
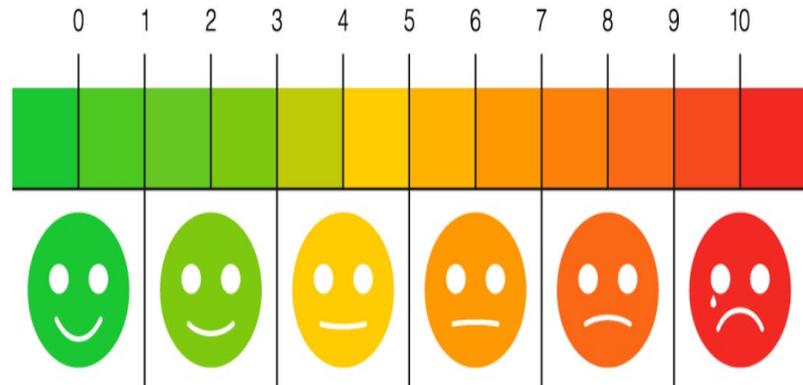
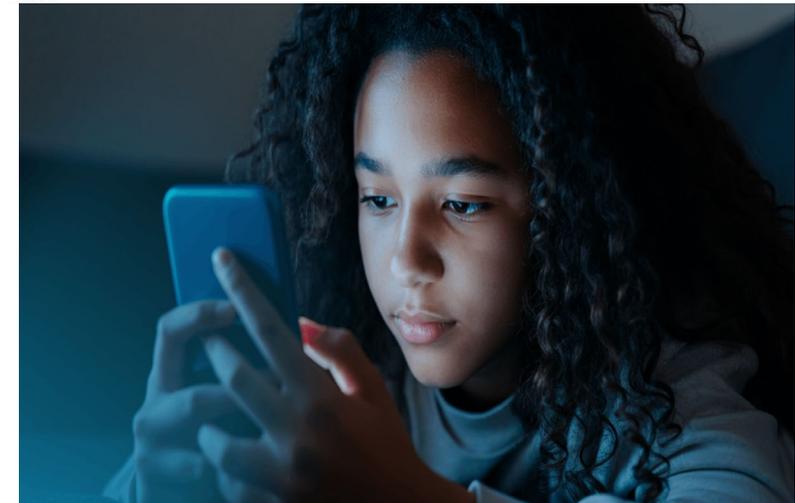
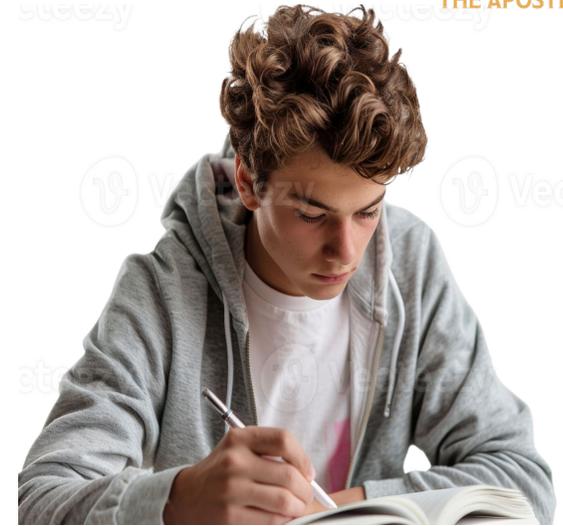
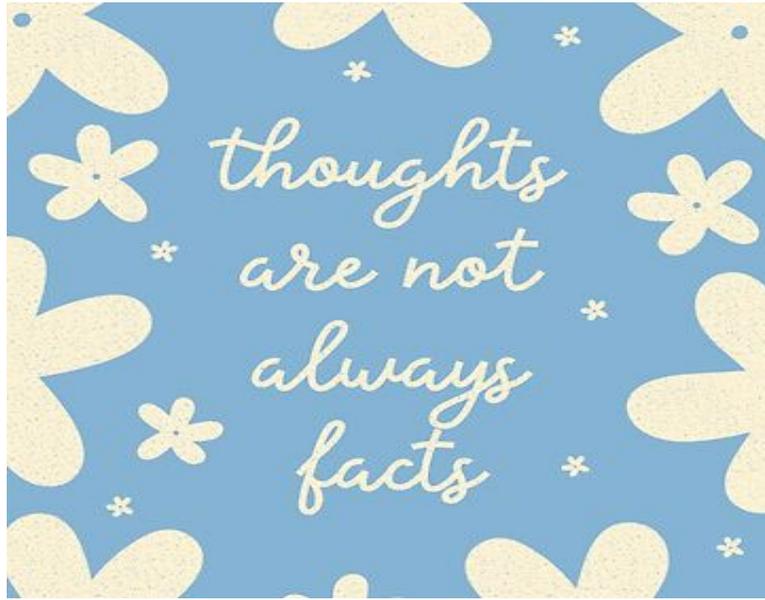
*Other people feel like this*

*I can reach out to someone*

*I will try my best*

*I don't need to be perfect*

# Coping Methods - Reaching out



# What happens when you contact Childline?



# Revision timetable



## REVISION TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
	9AM - 11AM REVISE SUBJECT 1	10AM - 12PM REVISE SUBJECT 1	REST!				
BREAK!	11:15AM - 1:15PM REVISE SUBJECT 2	12:45AM - 2:45PM REVISE SUBJECT 2	REST!				
BREAK!	2PM - 4PM REVISE SUBJECT 3	3PM - 5PM REVISE SUBJECT 3	REST!				
BREAK!	4:15PM - 6:15PM REVISE	GO HAVE FUN	REST!				

# Self-Care Planner



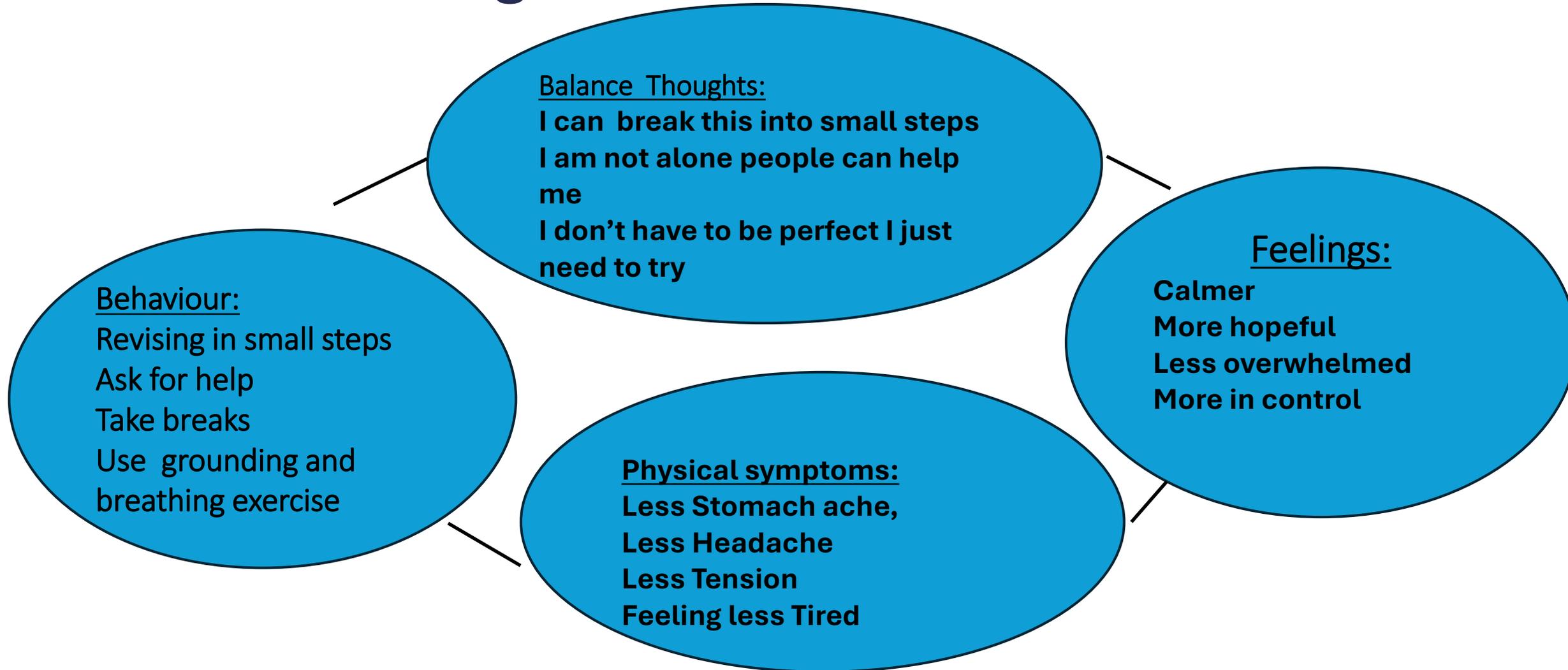
## Self-Care Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Affirmation	I am good enough	I believe in my capabilities	I am confident	I let go of negativity	I trust my intuition to guide me	I am at peace with my body	I forgive myself and others
Morning							
Afternoon							
Evening							
After taking care of myself today, I felt...							

**How to use this planner:** Embrace the affirmation by repeating it to yourself throughout the day, starting by reading it out loud as soon as you wake up. Carve out some time everyday for some self-care. Even 5 minutes counts!

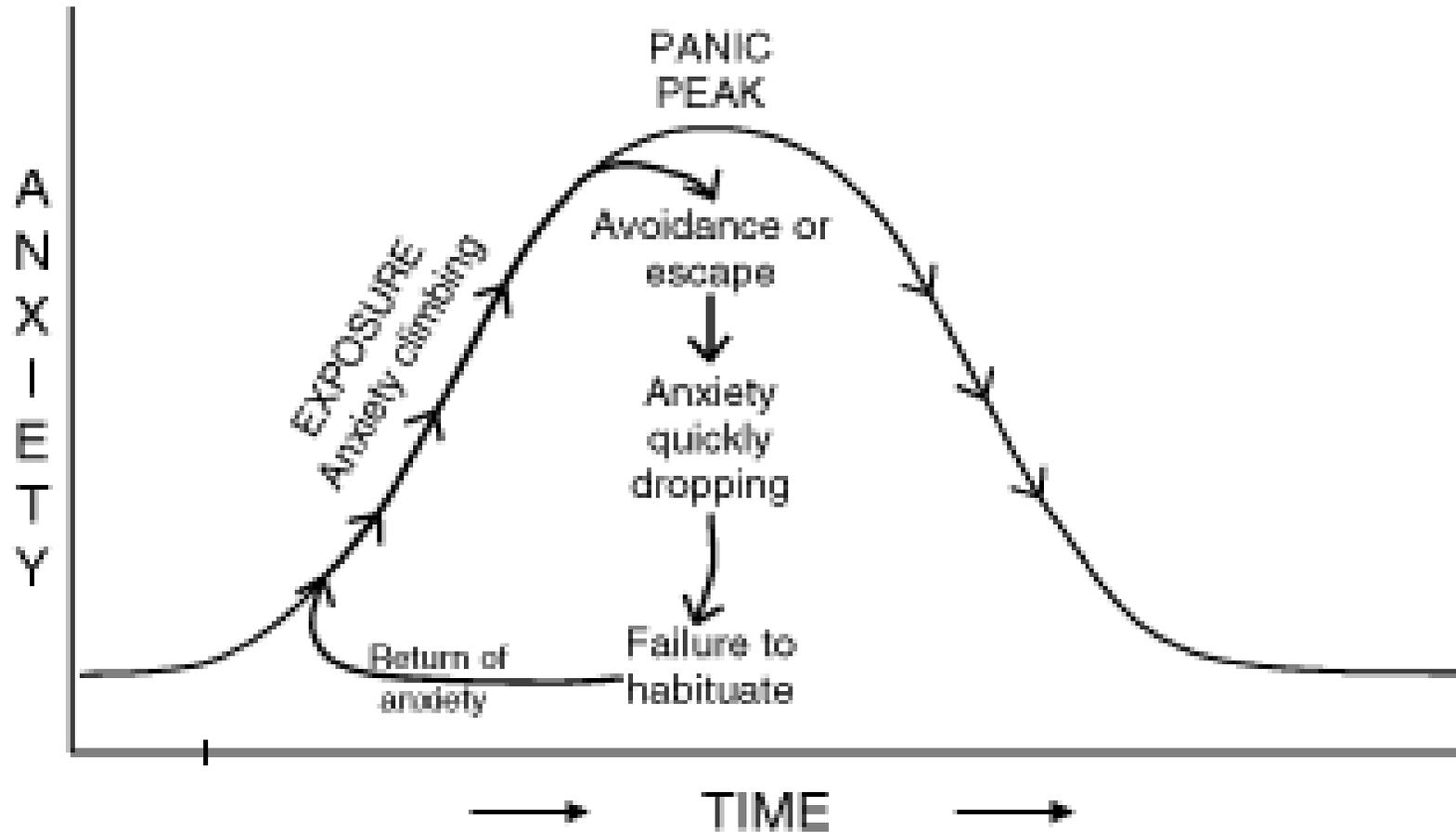
# Cognitive Behaviour Therapy (CBT)

## Balance Thoughts



# The Vicious Cycle of Avoidance

## THE VICIOUS CYCLE OF AVOIDANCE



# If your thoughts and feelings are not changing

- This is a sign that you need to reach out and get support
- Our bodies are good at telling us when we have too much stress
- Your thoughts and feelings are early signs you need support
- Early help will stop your worries getting worse
- You don't have to cope with exam worries on your own – support makes it easier
- Talking to someone you trust can make you feel in control
- There are lots of strategies that can calm your mind and body
- Getting help is a strength – it shows you are taking care of your self

# Have perspective

- Exams are important.
- They open doors for you, and we want you to open all of the doors possible.
- They are not the only thing that matters. They don't measure your kindness, your empathy, or other interests that you have.
- We want you to do well, but we want you to look after yourself too.