



Knightsfield School
SPRING TERM
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Mental Health Newsletter

DO YOU FEEL ANXIOUS ABOUT EXAMS?

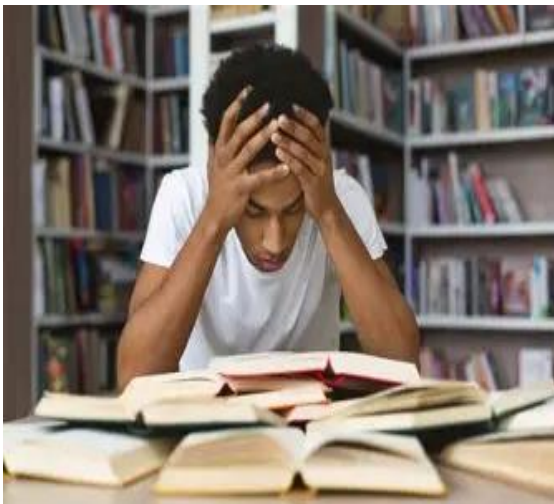
As the exam season approaches. Here are some reminders for managing exam stress.

FIND OUT MORE ON PAGE 2



WELCOME

As the Easter holidays and exam season are fast approaching, this edition focusses on stress and anxiety to help students identify what it is and how they can manage it.



TIPS FOR DEALING WITH EXAM STRESS

Whether you are completing your GCSE exams, school Summer exams or preparing for a routine test, find out about the strategies that can help you manage stress..

MORE ON PAGE 3

FURTHER SUPPORT

If you're interested in learning more about this topic, turn to page 4.

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EXAM STRESS

Do you feel anxious about exams?

As exam season approaches, it is completely normal to feel a mixture of emotions from apprehension, nervousness and even overwhelm. You are not alone, many students across the UK will be feeling the same way.

Organisations such as the NHS, the Mental Health Foundation and Young Minds often acknowledge that exam stress is both very real and common but also something that you can manage with the right support and strategies.

WHAT IS EXAM STRESS?

A certain amount of stress can actually boost motivation and focus temporarily but too much can affect mood, sleep and overall concentration. According to the NHS, some signs of stress include:

- Feeling anxious or irritable
- Struggling to sleep
- Finding it hard to concentrate
- Physical symptoms like headaches or tummy aches

Stress might feel different for you than it does for another person. Also, how we experience stress can feel different depending on the circumstances and cause. If this sounds familiar, read on to learn some ways to deal with exam stress.

Here's the Science bit...



EXAM STRESS IS COMPLEX AND INVOLVES THE BODY'S NATURAL RESPONSE TO PERCEIVED THREATS, ALSO CALLED OUR FLIGHT OR FIGHT RESPONSE.

HORMONES SUCH AS CORTISOL AND ADRENALINE ARE RELEASED WHICH HELP US DEAL WITH CHANGES BUT PROLONGED STRESS CAN LEAD TO EXHAUSTION AND MOOD CHANGES

TEN TOP TIPS FOR DEALING WITH EXAM STRESS:

Here are some practical, student friendly tips inspired by advice from the websites listed at the end of this newsletter:

1. TALK TO SOMEONE

Don't bottle things up. Talking to a friend, family member, or teacher can make a huge difference. Sharing worries can help you feel supported and less alone.

2. MAKE A SIMPLE REVISION PLAN

You may think that your teachers have this phrase on repeat but it is true! Breaking revision down into small manageable chunks can stop things from feeling overwhelming. Planning your time helps you stay in control and reduces last minute panic.

3. PRIOTITISE SLEEP

Sleep is essential for memory and concentration. Most teenagers need around 8 to 10 hours a night, especially during exams. Late night cramming often does more harm than good as it impacts the quality of your sleep and could make you feel stressed.

4. EAT WELL AND STAY HYDRATED

A balanced diet helps your brain function properly. Trying to avoid too many sugary snacks because they can increase energy crashes.

5. KEEP ACTIVE

As you know, regular exercise is part of the five ways to well-being. Even a short walk can boost your mood, reduced stress and help you focus better.

6. TRY RELAXATION TECHNIQUES

Breathing exercises, mindfulness, or simply taking breaks can calm your mind. Even few minutes can make a difference to your day.

7. ASK FOR HELP WHEN YOU NEED IT

If you are struggling with the subject or feeling overwhelmed, speak to a teacher. They are happy to support you and you're not expected to figure everything out alone.

8. BE KIND TO YOURSELF

Avoid the tendency to compare yourself with others. Everyone learns differently and handle stress in their own way. Focus on your progress, not perfection.

9. SET BOUNDARIES

Beware that although talking to others in the same situation as you can sometimes be helpful, it can sometimes not be. Try to avoid surrounding yourself with people that constantly talk about the exams and how stressed they're feeling as this is likely to make you feel overwhelmed too. Instead, ask them to seek help from a trusted adult.

10. GIVE YOURSELF REALISTIC TARGETS

Short and manageable tasks are more effective. Try to focus on one topic at a time and break up your revision into short chunks of time. This way you maintain your concentration and feel like you've achieved something instead of worrying about what else you still need to do. Prioritise the topics that you need to work on most.

A reminder:

Here's a reminder that Hertfordshire County Council has launched a new site called Herts Hub, for advice, self-help and information about mental health and emotional wellbeing services. It can be found via this link: <https://hertshub.co.uk>

Also, if you'd like to find out more about Mental Health and Wellbeing services in your local area, please take a look at the Mental Health Portal on our school website, the link is below, which contains links to mental health and wellbeing resources for each home borough of our students.

[Mental Health & Wellbeing Portal](#)

For more information, please visit:

[Stress - Every Mind Matters - NHS](#)

[Info on exam stress - for 11-18 year olds | Mind](#)

[Stress | Mental Health Foundation](#)

[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)
[staying-well-during-revision-and-exams.pdf](#)

If you feel overwhelmed or like you can't cope, you can:

- Text SHOUT to 85258 to contact the Shout helpline
- Call HOPELINE247 on 0800 068 4141 or the NHS on 111
- Contact Childline by using 1-2-1 chat or calling 0800 1111

We wish you a safe and peaceful Easter and look forward to being in touch with you again next term.

