

“ In the 2021 Student Survey,  
76% of students said, I feel...

# NERVOUS?

about sitting  
external assessments.”

76%  
ARE

*Some nervousness is OK when preparing for exams.  
It's a normal reaction pushing you out of your comfort  
zone but in a good way.*



## It's TOO MUCH:

- when the shakiness and nervousness doesn't go away
- if you are unable to study or sleep properly
- if you are feeling nauseous, depressed or constantly worried
- if you are overwhelmed and panicked



## It's NORMAL:

- when its short term (a few days or weeks, but subsides after exams)
- if you are motivated/distracted by other things
- to feel fatigued, but only until exams are over
- to feel butterflies or shaky right before an exam

REMEMBER... There are loads of resources to manage stress

and even use it to your advantage. It's normal to feel stressed when preparing for exams, but if it's too much, you should seek help.

There are people who can assist you. Reach out to family, friends, teachers, and others at your school and use the resources listed on the following page.







# EXAM READY RESOURCES


People experience exam stress for various reasons, from worrying they might fail or wanting to do really well to dealing with pressure or struggling to understand the things they're studying.

Everyone experiences stress differently, but there are tools and support available that will help.





 [Simple swaps you can make to deal with stress](#)


 [Shared experiences on study stress and what students did to cope](#)

 [How to live with school stress](#)



 [Why am I anxious?](#)

 [Why can't I focus at school?](#)

 [Toasted TV: Stress - 'Name to Tame'](#)



niggle



MindShift

Smiling Mind



## ASK FOR HELP

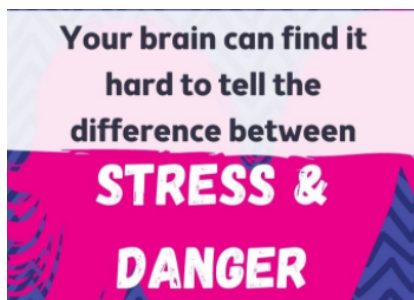
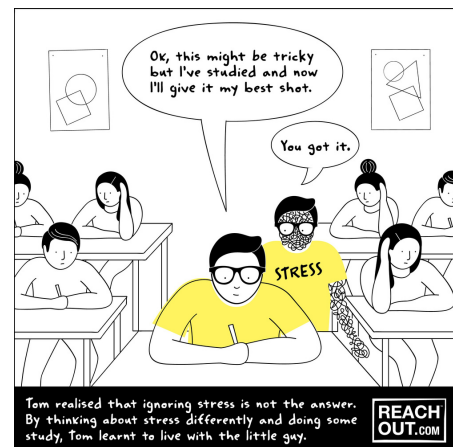
### STRESS SWAPS



[See](#)



#### Stress Swaps: Ways to reduce exam stress



#### Why am I anxious?



#### Why can't I focus at school?



[Kidshelpline.com.au](http://Kidshelpline.com.au) | 1800 55 1800 | Webchat  
[ReachOut.com](http://ReachOut.com)



[Lifeline.org.au](http://Lifeline.org.au) | 13 11 14

[Beyondblue.org.au](http://Beyondblue.org.au) | 1300 22 4636 | online chat

[Headspace](http://Headspace) | e-help 9am - 1am



Suicide call back service | 1300 659 467

Emergency Services | 000