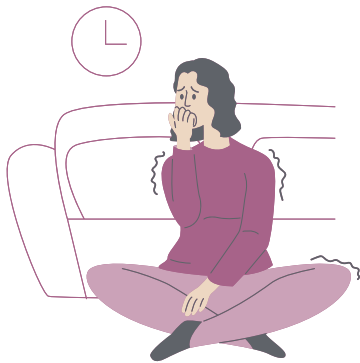


Managing Exam Stress

Some nervousness is OK when preparing for exams.

If you're feeling under some stress, know that many other students are feeling the same way.

It's a normal reaction pushing you out of your comfort zone but in a good way.



It's normal:

- When it's 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 [TASC website](#).
- For more resources, see [Preparing for Exams](#).



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 OK to ★
ASK for HELP

You can seek additional support from the following services:

- [KidsHelpline.com.au](https://www.kidshelpline.com.au) | 1800 55 1800 | webchat
- [ReachOut.com](https://www.reachout.com)
- [Lifeline.org.au](https://www.lifeline.org.au) | 13 11 14 | webchat | text 0477 11 14
- [Beyondblue.org.au](https://www.beyondblue.org.au) | 1300 22 4636 | webchat
- [Headspace.org.au](https://www.headspace.org.au) | webchat | email | call 1800 650 890 between 9am – 1am
- [Suicide Call Back Service](#) | 1300 659 467
- Emergency Services | 000