

YOUR BRAIN & EXAM STRESS

Understand what you feel. Take one step at a time.

WHAT HAPPENS WHEN YOU FEEL STRESSED?

THE AMYGDALA

Part of your brain's alarm system

Helps detect possible threats and activate your body's stress response. Exam worries can set this response in motion, even when you are safe.



THE PREFRONTAL CORTEX

Helps you plan, focus and make choices

Supports attention, working memory and self-control. Strong stress can make these skills harder to use.



These areas work with many other brain regions. Your brain continues developing through adolescence and into adulthood. This is a simplified explanation, not an anatomical diagram.

4 WAYS TO HELP YOURSELF RESET

1 BREATHE GENTLY

Breathe in Comfortably through your nose, then breathe out slowly. Repeat a few times without forcing or holding your breath.



2 PUT WORRIES ON PAPER

Before revising, briefly write down what is worrying you. Choose one small next step. Talk to a trusted adult if worries persist.



3 MAKE AN "IF-THEN" PLAN

"If I get stuck, then I will pause, move to another question and come back later."

A simple plan can help you decide what to do next.



4 RELAX YOUR BODY

Sit comfortably. Notice your feet on the floor. Gently relax your shoulders, hands and jaw. Take a short, quiet break.



Practise these skills before exam day.

Rest, regular meals, movement and support matter too.

Feeling overwhelmed? Speak to a parent, teacher or trusted adult.

