

Safeguarding Bulletin



Exam stress and anxiety



What is Anxiety?!

'Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. Everyone has feelings of anxiety at some point in their life ... However, some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily lives.'

Experiencing anxiety surrounding exams can be beneficial as it alerts us to how important the exam is and pushes us to work hard. However, it is essential to recognise if anxiety is becoming an overwhelming, constant struggle which begins to impact daily life.

Some warning signs that anxiety is becoming overwhelming are: Negative thoughts/Feelings of isolation/loneliness/physical illness (racing heart/sweaty palms/nausea).

Ways to combat anxiety



If you would like support in dealing with anxiety and stress, please pop into The POD to speak to one of the staff about how we can help!

We have a range of services including counselling to support the wellbeing of all students.