

If you feel unable to speak to someone you know you could ring a helpline.

The PAPHYRUS helpline **HOPELineUK** is:

**Free**

– if you are on a mobile we can call you back so you don't have to pay for the call.

**Confidential**

– we don't need to know your name or where you live. If you are calling from a landline the call will not appear on the telephone bill.

**Open every day of the year**

– Weekdays 10am – 5pm and 7pm – 10pm.  
Weekends 2pm – 5pm.

**The people at the end of the phone are professionals who will try to help you deal with your feelings.**

**They can also give you advice if you are worried about someone else.**

**Please call them** – they are there to help.

**HOPELineUK**  
**0800 068 41 41**

**For further information contact:**



67 Bewsey Street WARRINGTON Cheshire WA2 7JQ

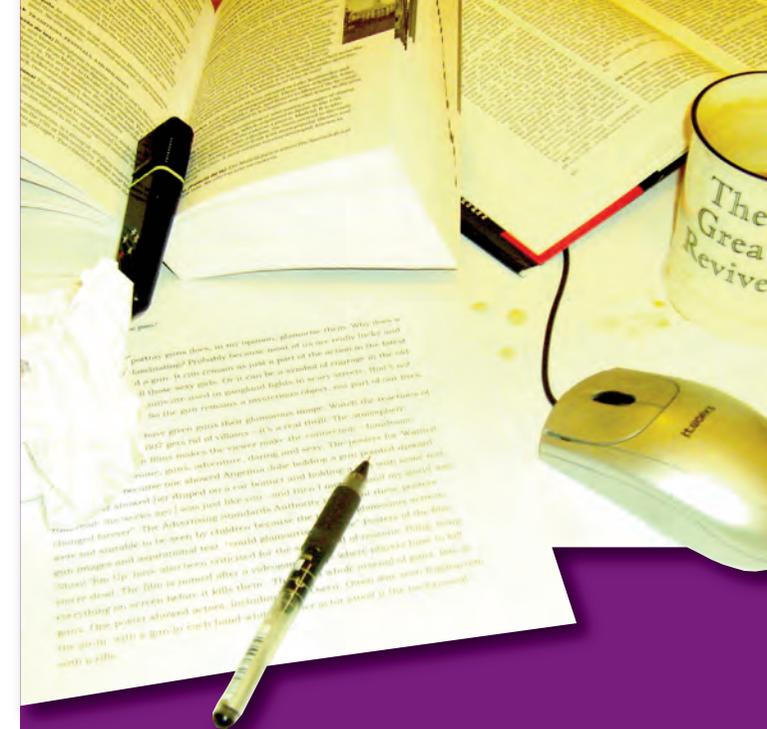
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**Coping with exams...**



Most people worry about taking exams. Worrying can make us feel stressed and anxious.

We feel like this because our adrenal glands produce a chemical called adrenaline which puts us on 'red alert'. This is the body's natural way of coping with a crisis.

Adrenaline helps animals cope with being chased or attacked by making them react quicker. It's sometimes called the 'fear, fight or flight' hormone.

You probably perform better in exams if there's a bit of adrenaline in your system.

But lots of adrenaline can give you some uncomfortable feelings like having butterflies in your stomach, feeling sick, dizzy or hot, going to the toilet a lot, not being able to sleep, your muscles tensing up, a feeling of panic.



## So what can you do to calm down?

**Don't leave your revision until its too late.** Pace yourself over the weeks before the exams start.

**Get some exercise.** Exercise uses up hormones which build up when we are stressed – so exercise makes tense muscles relax.

**Don't spend hours in your room trying to revise.** It might impress your family, but quality revision is best done in short bursts with breaks in between.

**Plan a treat for when you're taking a break.** Chill out. Try to do something which makes you laugh. Laughter is good for releasing tension.

**Don't rely on alcohol or drugs to make you feel better.** They may appear to work at first but they can actually make you feel much worse in the long run.

**Talk about your worries to your parents or a friend.** There may be someone in school you could talk to – one of your teachers, the school nurse or a counsellor. Sometimes things can get out of proportion when you keep them to yourself.

**Take care if you're sharing your feelings with people in chatrooms.** Make sure that you're getting something positive out of it.

**If you think you might need extra help talk to your doctor. Don't be embarrassed – adults talk to doctors about stress all the time!**



## What if you don't get the results you had hoped for?

It's good to be ambitious and to **set yourself targets** for personal achievement.

However, **disappointing things can and do happen to all of us during our lives.**

Although it may seem so at the time, **it's not the end of the world.**

In fact, **many successful people have failed exams** somewhere along the way.

There is always the chance to **try again** or to **rethink your plans.**

If your feeling of disappointment is overwhelming **do talk to someone about it.**

