



# Academic Stress: Managing Exam Anxiety

## Session Activity Sheet

### Anxiety and the FFF Response

When I'm anxious about revision and exams, I usually...

Feel <i>(Common emotions)</i>	Think <i>(Thoughts and worries)</i>	Do <i>(Study Trap and FFF responses)</i>

Make a note of all the physical symptoms of anxiety you can think of.  
Circle the ones you have experienced before.

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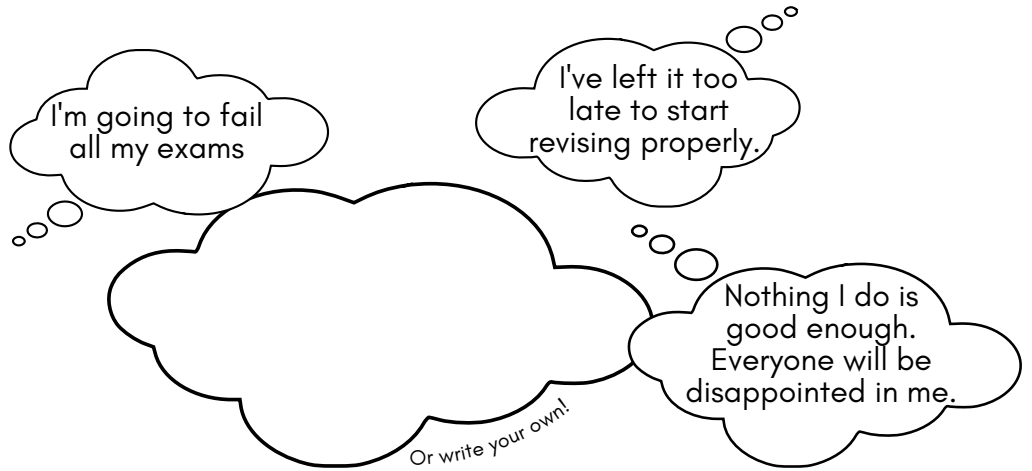
# Manage Your Mindset

Imagine you have 'caught' one of the unhelpful thoughts below and complete the questions to help you find a more balanced view.

## Catch it

What is the anxious thought?

What are you worried about happening?



## Check it

Is this a thought or a fact?

How likely is this? (0-100%)

Evidence for the thought  
*What's making me think this?*

Evidence against the thought  
*How do I know it is not true/will not happen.*



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What else could happen/be true?

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## Change it

What's a more balanced view?

Think: *What is likely?*  
*What is realistic?*

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For help with this technique when at home, download the [Catch It app](#).

## Finishing Off

What are you going to work on?

What advice would you give to someone struggling with exam and revision anxiety?

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## Further resources

### Bromley Y Webinars

Free 1 hour webinars for young people covering a range of topics related to mental health and wellbeing.

- Academic Stress: Developing healthy study habits
- Understanding and managing anxiety
- Tackling low mood and depression
- Managing anxious thoughts



Book your place by searching for Bromley Y on Eventbrite

**Get Revising** <https://getrevising.co.uk/>

Free website with interactive timetables, flash cards, quizzes, past paper questions, etc.

**The Mix (Study & Exam Tips):** <https://www.themix.org.uk/work-and-study/study-and-exam-tips/exams-and-the-pressure-to-do-well-23966.html>

**Childline (Assessment Stress & Pressure):** <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/assessment-stress/>



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