

Exams results day, and the lead up to it, can be a stressful time – especially if you're worried that your exams didn't go as well as you had hoped, or are disappointed with your results.

We've shared some advice on how to look after yourself in the lead up to results day, and on the day.

Waiting for your results

The period of time from when you break up to when the exam results come out can seem endless and intense. Here are some top tips to cope with the interminable wait:



Make plans

Make plans with your friends and interact with people. Avoid sitting home and worrying. Even if exams went badly, focus on what you can change, not what you can't. It will help to regulate your mood and give you a lift if you see other people.



Get yourself into a routine

As much as we love the idea of a lie-in for 6 weeks, being out of routine can actually lead to more anxiety. Try to get up at a similar time each day, get some sunshine, eat healthily and get yourself organised.



Decide how you want to get your results

In a group? With your parents or friends? What would make things easiest on the day?



Be kind to yourself

Accept it's normal to feel worried and strange, and immerse yourself in something you love. Watch your favourite movie, go for a walk, have a relaxing bath and take yourself away from it all for a while.



Don't dwell on it

Be strict with how much time you spend discussing and thinking about exam results. It's likely you and your friends, and family, will want to discuss and debate what could, might, or has happened. Set aside time (say half an hour a day) where you think and talk about it – some people call this 'worry time'. The rest of the time, get on with your life!



Map out the scenarios

Facing the worst case scenario head on can take away its power. Make a plan of what you could do if you don't get the grades you need. Nothing is unsolvable, things will get better, and there are a tonne of alternatives to every situation.



Make a list of all the things you enjoy

Find the time to do them. This can reduce your stress levels, improve your mood, and help you feel refreshed and relaxed.

Results day - coping with the stress

It's finally here, the results are in. Whatever happens, the most important thing to remember is nothing is insurmountable.



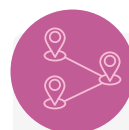
Recognise the emotional rollercoaster everyone is on

The school will be a cauldron of emotions – from frustrated, angry, and upset students, to those celebrating and totally ecstatic. Prepare yourself as best you can for the range of emotion, remember people are likely to react differently to normal.



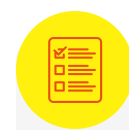
Be there for your friends, but also take care of yourself

It's tempting to put others' first, particularly if they haven't got the grades they wanted, but take time to also look after yourself.



Another route?

If things don't go as planned, look at all the options you have available to you and plot a new course. It could be to the same goal (for example doing re-sits so you can go onto further education) or it could be to a completely new goal.



Make a list

Make a list of all the things you want to do in life which don't involve exams. You will soon see that exams are only a small part of the picture.



Don't compare yourself

We are all different. Not better or worse, but with our own gifts and skills. If the results aren't what you imagined, don't beat yourself up. Academic success is just one of many attributes to be celebrated. Remember who you are and what you're good at.



Get inspired!

With a spot of Googling you can find endless stories of inspirational people who have chartered their own course - from Steven Bartlett to Victoria Beckham. Whatever happens, life is far from over!



Ask for help and advice

There are so many people around you who can offer insight, such as teachers, career advisers, parents and family members. Try to get a range of opinions.



Seek support

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:



Text **CONNECT** to **85258** for free to speak to Shout



Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat



Visit [place2be.org.uk/help](https://www.place2be.org.uk/help) for more advice