

29 March 2022

Dear Principal

RE: The Little Book of Exam Stress Help for Young People

I am delighted to share the first of a range of 'Little Books' for young people. The Little Book of Exam Stress Help for Young People was developed by the Education Authority to assist young people to practice self-care and provide them with coping strategies if they are experiencing exam stress, are worried about exams or feel under pressure.

As many young people are currently preparing for exams some may experience stress and anxiety at this time. For some young people the effects of stress are minor and can be managed effectively but for others it can be a time of heightened anxiety.

This little book is designed to assist young people to recognise the signs and symptoms of exam stress and provide them with coping skills and strategies to manage it effectively. It also includes information to assist them to prepare for exams i.e. planning for revision, prioritising tasks and revision tips. The little book reminds young people to seek support from family and friends and know how to be kind to themselves during stressful times. In addition, it includes QR codes for other relevant and useful wellbeing resources which they will find useful during exam time.

The Education Authority in developing this resource consulted with young people to ensure that it meets their wellbeing needs.

Please share this Little Book of Exam Stress Help with your pupils especially those who have exams over the coming months. I have included below the links to it, including an Irish version and a video on how to cut and fold it. This information is also available on the EA website.

[The little book of Exam Stress Help - Video - How to cut & fold](#)

[The little book of Exam Stress Help for Young People \(English\)](#)

[The little book of Exam Stress Help for Young People \(Irish\)](#)

[The little book of Exam Stress Help for Young People \(Text version\)](#)

I do hope that your pupils find this information helpful.

Yours sincerely



Sheila Gamble

Head of Service

Critical Incident Support Service/Emotional Health & Wellbeing

Education Authority

"To inspire, support and challenge all our Children and Young People to be the best that they can be."

Education Authority

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