

## Youth and Connexions

We offer impartial information, advice and support for young people aged 13 – 19 and up to 25 if they have additional needs.

You can talk to one of our advisers or youth workers about what you want to do. They will talk to you about the options available and help you, if you need it. [www.thesource.me.uk](http://www.thesource.me.uk)

[www.thesource.me.uk](http://www.thesource.me.uk)

by young people, for young people

## Other Leaflets

We have a range of other leaflets listed below available in youth clubs, schools, colleges, drop in centres or by phone and email.



Plus, you can **text** the word **SOURCE**, followed by your name, address, postcode and the leaflet you want to **60006** – it's that easy!

- ▶ Benefits for young people seeking work
- ▶ Choose your own path - choices after Year 11
- ▶ Finding work
- ▶ Free time – what to do in your spare time!
- ▶ Getting ready for exams (revision techniques)
- ▶ Guide to qualifications
- ▶ HE student finance (plus tips on managing your money)
- ▶ Healthy living
- ▶ Help and advice on lifestyle questions
- ▶ How to apply for jobs online
- ▶ Personal safety outside and online
- ▶ Preparing for an interview
- ▶ Starting work
- ▶ Travel and transport (plus owning a vehicle)
- ▶ Volunteering / gap year

You will be charged the cost of a standard text message and your text will be used for this purpose only.

## Contact us

You can always visit our drop-in centres, call us on Freephone **0800 085 4448** or email [youthandconnexions@suffolk.gov.uk](mailto:youthandconnexions@suffolk.gov.uk)

### It's all about services for young people!

Youth and Connexions is part of the Youth Offer for young people in Suffolk. Find out more at [www.thesource.me.uk/suffolkyouthoffer](http://www.thesource.me.uk/suffolkyouthoffer)

إذا كنت شاباً تعيش في مقاطعة سافولك و تريد ترجمة لبعض أو كل المطبوعات فالرجاء الإتصال بالرقم 01473 260180

আপনি যদি তরুণ বয়সের একজন ব্যক্তি সাফোকে থাকেন ও এই লিফলেটের সবগুলি বা কিছু অনুবাদের আকারে পেতে চান তাহলে অনুগ্রহ করে 01473 260180 নম্বরে ফোন করুন।

如果你是居于修福郡的年青人而又希望得到全部或部份这些印刷品的翻译本, 请致电 01473 260180

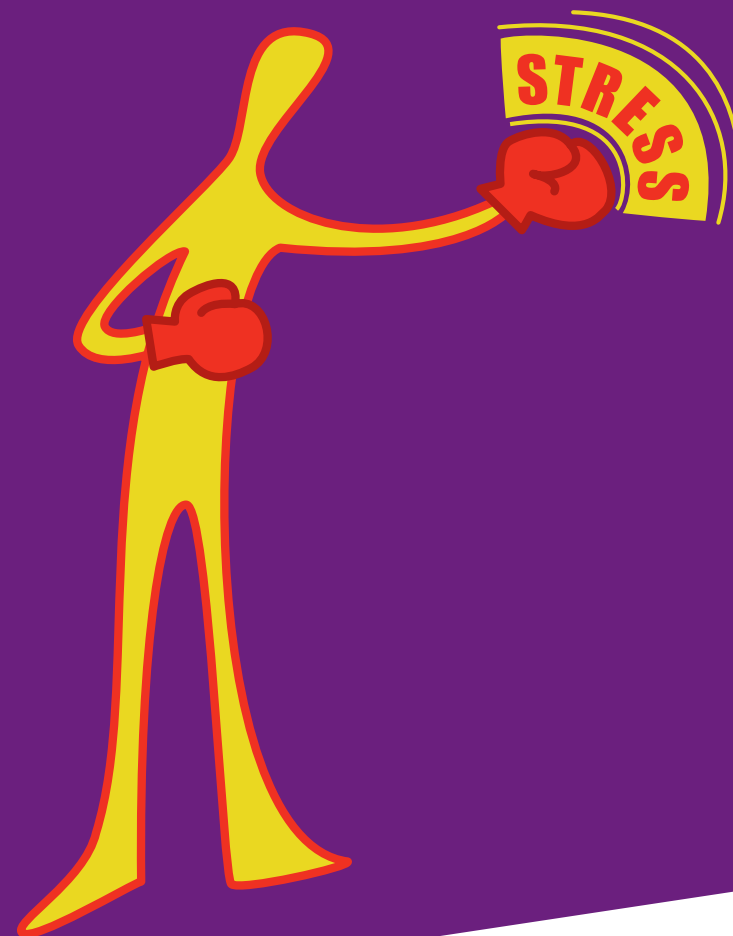
Se você é um(a) jovem que vive em Suffolk e gostaria de obter este impresso traduzido (ou parte dele), por favour ligue para 01473 260180.

If you would like a copy of this leaflet in an alternative format, please call 01473 260180.

Published in March 2009.

connexions

# Fighting the stress of exams



 **Suffolk**  
County Council

**FUTURE4me**

A bit of stress is normal – you are, after all, taking some important exams and it will be hard for you to do your best without feeling a bit nervous.

You may also feel pressure to do well from your family.

#### Here are some tips on how to cope:

- ▶ Try taking breaks every 45 minutes while studying. Information you absorb might become confusing if you try to study for too long.
- ▶ Although junk food is convenient when you're busy, try to maintain a balanced diet and avoid caffeine drinks like cola to keep up your energy levels.
- ▶ Try to get plenty of sleep to give your mind a rest.
- ▶ Do something you enjoy when you're not studying to help think about other things, and help you think positively.

Remember, it's not the end of the world if you don't do as well in your exams as you expected. You will still have choices.

Teachers and lecturers can talk to you about your options, such as re-sitting exams.

#### Remember:

- ▶ Eat well
- ▶ Don't go to bed late
- ▶ Drink water
- ▶ Build in breaks.

(Courtesy of Chantry High School, Ipswich)

## Stressed or worried? - What you can do?

- ▶ Take time out to listen to some music and relax.
- ▶ Try walking or cycling rather than catching a bus.
- ▶ Go and see your friends rather than phoning them.
- ▶ Are you tense? Release the pressure by trying something new like Thai boxing or kick boxing.
- ▶ Learn a new skill or sport.
- ▶ Eat healthy meals.
- ▶ Write down how you feel in a diary.
- ▶ Talk to your friends and family, they will want to help you.
- ▶ Or you can speak to a Suffolk Youth and Connexions adviser available at your school or college or a youth worker at your local youth clubs.

## Suffolk Young InfoLink

Need a break? Find your nearest club, group or place to go at:

[www.suffolk.gov.uk/younginfo](http://www.suffolk.gov.uk/younginfo)



## A balanced diet

### Fish are your friends

Eating two meals of fish, like tuna, mackerel and salmon every week can help prepare you for your exams.

### Rise and shine

Getting up early and eating breakfast is one of the best things you can do to give yourself a boost.

### Increase your iron

If you're not getting enough iron then you will limit your concentration, and energy levels may begin to drop.

Therefore try eating food like red meat, eggs and vegetables like spinach.

### An apple a day

Five pieces of fruit and vegetables a day as part of a healthy lifestyle can help too.

### The night before

Staying up all night before the exam is never a good idea. So instead, have an early night, keep calm and try not to think about why you must pass that exam.



Connexions Direct advisers are available to offer information, advice and support to young people aged 13-19 between 8am and 2am everyday. You can call them on **080 800 13219**.