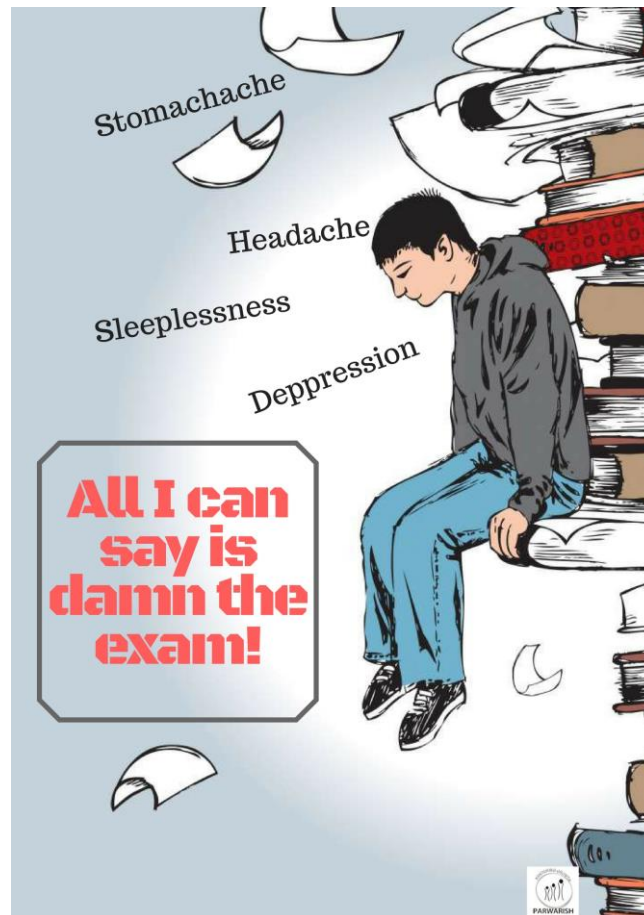


The Importance of Wellbeing

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Revision and exams



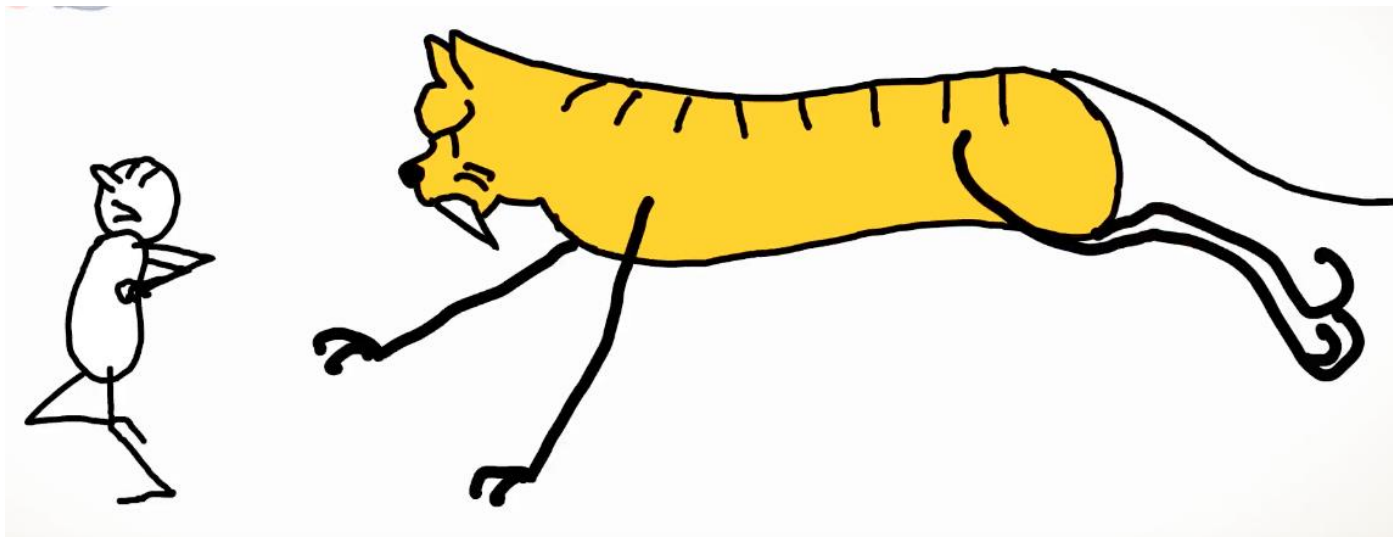
“Don’t Stress about it!”

Sound advice... why didn’t I think about it?!!

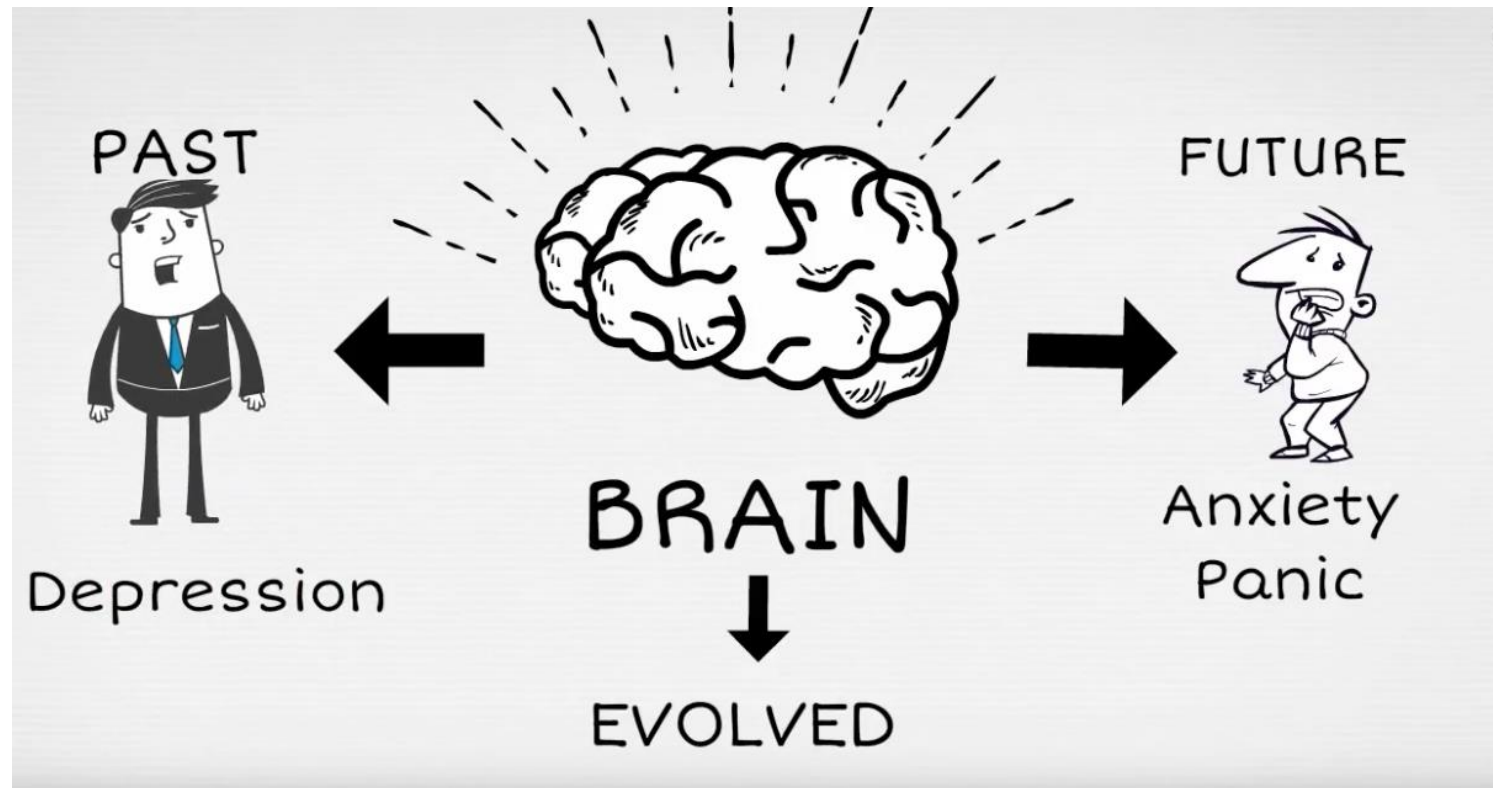


There is science behind it

- The Cortex is the part of the brain that we need to use to successfully for higher functions
- Our Limbic – fight flight freeze avoid – is constantly powerful. It has evolved to be



Evolution has bred out the sabre tooth tiger



But the brain still has to look out for the things that scare it, that it believes are truly worth focusing on.

Past errors or future failures

Keeping the chimp calm

- Doing everything we can to keep the Limbic part of the brain from kicking in and strengthening everything we do to prevent exam overload from taking over.
- Overload could be seen as Fighting against, or running in the opposite direction, or freezing to the spot or avoiding the task at hand.

What can be done?

- “Great results need to be the product of, not the driver for great relationships”
- Working together throughout the year to create a feeling of
 - Protection
 - Connection
 - Understanding
 - Care

Wellbeing feels...

- Like you are Protected not judged
 - Connected to someone/group
 - Understood by those around you
 - Cared for unconditionally
-
- These create the environment to keep the cortex engaged and the Limbic system subdued.

How to come back from the edge

- Grounding our students in the PRESENT.
- Using mindfulness techniques to decouple the guilt and worry over unchangeable past events (“poor quality revision”) and the anxiety of worst case scenario future events (obvious failure)
- Helping chunk up workloads into smaller achievable units
- Rewarding and exercising and eating and sleeping.

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

https://www.youtube.com/watch?time_continue=109&v=eLe43tUgGkA

https://www.youtube.com/watch?time_continue=132&v=xkmCZgbZv1o

https://www.youtube.com/watch?time_continue=2&v=c7tMgcuGwVM

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>