

# Helping Students with Exam Stress

## Purpose

To support students in managing academic pressure through practical strategies and Islamic resilience.

## Strategies to Try

- **Normalise Stress:** Remind students that feeling nervous is normal and can be motivating.
- **Promote Healthy Study Habits:** Encourage time management, breaks, and restful sleep.
- **Encourage Balance:** Remind students that their worth isn't tied to grades.
- **Create Calm Zones:** Designate quiet areas or mindfulness spaces during exam periods.
- **Teach them Breathing Techniques:** To practice daily so when they feel stressed, they can self-regulate easily.
- **Faith-Based Reassurance:** Encourage students to make dua and seek spiritual peace.

## What Islam says

*“And whoever relies upon Allah – then He is sufficient for him.” (Qur’an 65:3).*

## Refer Students to

- School wellbeing team for ongoing support
- Extra academic coaching or tutoring if required