



Providing NHS services

# Exam Results Day Support Guide



[kooth.com](https://www.kooth.com)

# Accessing support from Kooth

It's quick and easy to sign up to Kooth and will only take a few minutes. No formal referral from a GP is needed and you can self refer at anytime.

## Support options

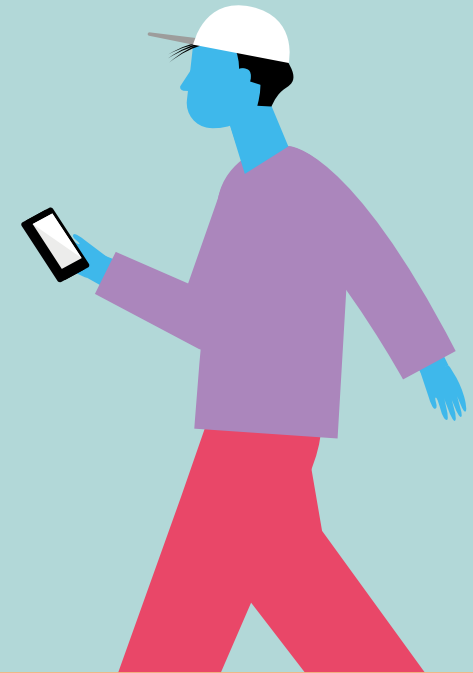
You can access a range of support options including:

- Chat with a member of our team (\*live chat or send us a message anytime)
- Goal setting and journalling
- Mini activity hub
- Community support (discussion boards and live forums)
- Helpful articles (from the Kooth team and our community)

## Live chat hours

You can live chat with a member of our team between:

- 12pm - 10pm on weekdays
- 6pm - 10pm on weekends



Visit **kooth.com** today to find free, safe and anonymous support.

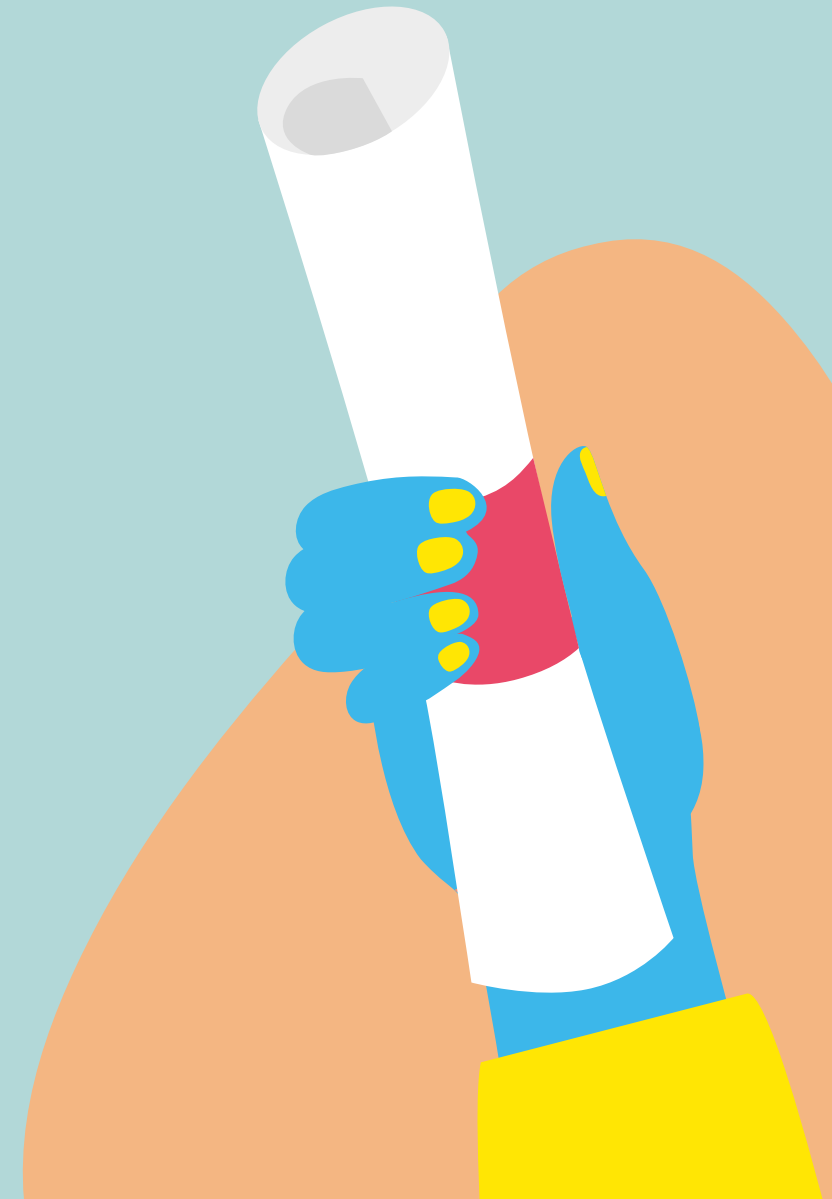
## We understand this can be a difficult time for you

For many students across the UK, results day is just around the corner. Whether you're waiting for A-level, GCSE, or SQA results, you may be feeling apprehensive, excited, and tense at the moment. The anticipation of waiting for the results of something you've worked so hard for is always a nerve-wracking time.

Feeling worried around your results, future plans, or how to celebrate your achievement can really impact your wellbeing and emotions day to day.

As this is something important, it's normal to be feeling anxious leading up to the day, but try to remember that this feeling won't last forever.

We have put together some tips on how you can keep calm leading up to the day and on the day itself.



## Know the details and make a plan

Often, stress comes from the unknown. Having a plan for the big day can help to reduce some of your worries and put your mind at ease.

Make sure to be clear on:

- The time and day that your results are released
- Where to pick up your results
- How you are travelling to collect your results, if necessary
- Who you would like to go with

It is also good to have a plan in place for different scenarios.

Depending on your results, you may want to look into clearing, resits, and adjustments. On the day you may feel overwhelmed and it may be hard to think straight. Having these plans ready beforehand can help you feel more prepared and less stressed.



# Manage your stress levels

With lots of emotions, thoughts, and feelings to handle during this time, it is important to check in and notice if you're starting to feel more stressed.

Some signs of stress include:

- Changes in appetite or sleeping patterns
- Low mood
- Feeling irritable, restless, or tense
- Withdrawing from daily activities
- Having difficulty breathing
- Feeling unwell more often

Everyone experiences stress differently, and a source of stress relief for one person might not work

for everyone - it might take some time to find what works for you.

You could try:

- Relaxation techniques such as breathing exercises or guided meditation
- Journalling
- Getting outside in nature
- Listening to music
- Engaging in your favourite hobbies more often

By noticing and taking steps to reduce stress, you can help look after your wellbeing, keep level headed, and make clear decisions.



## Talk about it

Talking to friends that are going through the same thing can really help you feel like you are not alone in your worries around results day and the future. Talking is a great way to process emotions and work out your plans.

You might also want to talk to friends and family who have been through this experience before. They may be able to help you plan and provide some insight and perspective.



## Be there for others

In the same way that you might want to talk to others about how you are feeling, you may also need to be there to support others.

Listening to your friends about how they are feeling not only strengthens your support system and friendships, but it can also help you feel better about your situation. In trying to reassure your friends and help them plan for their results, you may also discover ways to help yourself.



## Try not to compare yourself to others

When it comes to results, it can be really easy to get wrapped up in what others got and how you compare.

Whilst it's great to celebrate the success of others, try not to compare yourself to what others are doing, as it can sometimes leave you feeling disheartened. We are all different - success comes in many different routes, and exam results do not define you.

We hope you found these tips useful and that you are feeling prepared

for your results day. Whatever your outcome, completing exams is a fantastic achievement and something to be proud of.

Looking for support with your mental health during this time? Reach out to Kooth. At Kooth, you can access many articles like this one, as well as self-help resources, podcasts, tools, mini activities, and online forums where you can connect with other users. You can also have a 1:1 confidential chat with one of our counsellors or mental health practitioners.

