

From: [CCN College Life](#)
To: [City College Norwich All Students Mailing list](#)
Cc: [Helen Richardson-hulme](#); [Lewis Pepperell](#)
Subject: Student Safety and Wellbeing email
Date: 20 March 2023 12:55:07
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Welcome to your Student Safety and Wellbeing email

Introduction

Coping with Exam Stress

Exam season can be a stressful time for everyone. You may be worried about your results, keeping up with friends, fitting everything into your day, making your loved ones proud and a big mix of other things. At times, passing your exams can feel like you're looking at a huge mountain, working out how to climb it.

However, it's your choice how to respond to this challenge and although it might not feel like it at times, you are *able* to control how much this stresses you out.

Trying to climb a mountain by only looking at the summit is impossible; mountain climbers plan out their route and then focus on one part at a time, and at times, one step at a time. This is your chance to take control of that worry and stress, make a plan and carry on your journey one step at a time. You're already a huge way into your journey.

Below is a variety of tips and tricks and strategies to read through at your own pace.

All content below and more is on our Coping with Exam stress website [TAP HERE](#) to go there now

Control negative thoughts

When you feel panic rising, where ever you are, stop and focus on ...

5 Things you can see

4 Things you can hear

3 Things you can touch

2 Things you can smell

1 Thing you can taste



[Watch Headspace Guide to Meditation | Netflix Official Site](#)

www.netflix.com

Headspace takes a friendly, animated look at the benefits of meditation while offering techniques and guided meditations to jump-start your practice. Watch trailers & learn more.

Control Breathing

When panic starts our diaphragm also panics and this makes it hard to fully breathe in or fully breath out. This is often what makes us start feeling faint or hyperventilate so we need to bring the diaphragm back under control.

Box Breathing is a quick way to achieve this. Try following the timer below, starting with breathing out... It feels difficult at first but keep going, you're not going to faint!



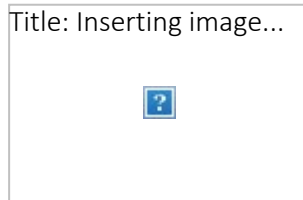
Talk To Someone

Stress, worry and anxiety can be difficult to manage on your own and pressure can build up. Sometimes just having a chat with someone can undo that knot that's been slowly getting tighter and release that pressure. Maybe this person is a friend, partner, parent or a supportive professional such as a tutor or lecturer. Even if you feel you have no one to speak to, there are many places where you can speak to other struggling students online. You are not alone!

Here are some websites/apps with online chats/discussion boards:



[Kooth.com](#)



[The Mix](#)

[*MINDSHIFT*](#)

Manage your anxiety, relax & be mindful

Break free from anxiety and stress using this free evidence-based anxiety management app. MindShift uses scientifically proven strategies based on cognitive behavioural therapy (CBT).

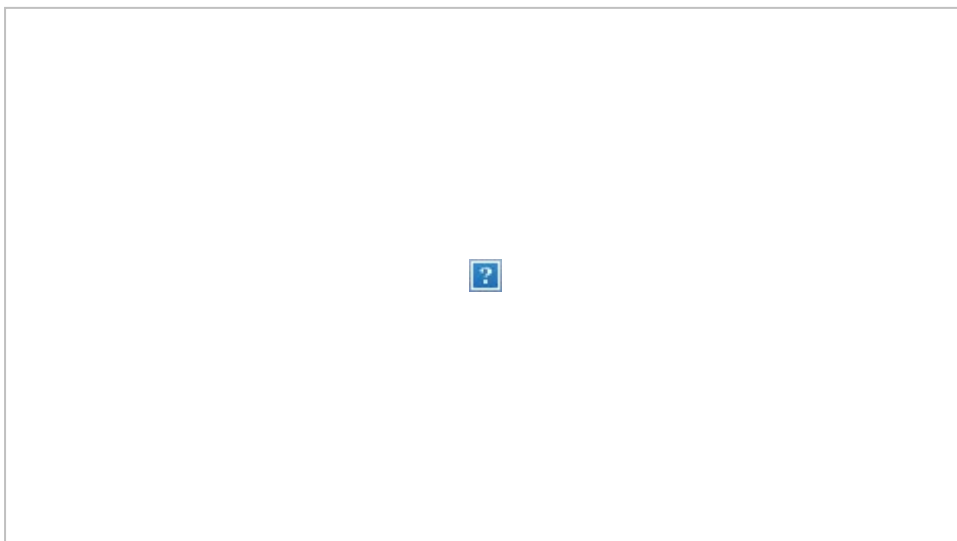
[*WHATS UP*](#)

a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!

[*BREATHWRK*](#)

Change your breath, change your life.
Wake up, fall asleep, calm anxiety, and more with Breathwrk!

After the exams



[Six tips to help you handle post-exam blues - BBC Bitesize](#)

So the exams are done, you've done what you can but now the wait until you get the results starts. How can you manage the feelings you're left with?

Take some deep breaths. Stress and anxiety trigger your body's "fight or flight" response, flooding your body with adrenaline and making your breaths shallow and rapid. Fight this stress response by taking some calming deep breaths. If it helps use the Box breathing technique above.

Trying PMR or progressive muscle relaxation, can be very helpful in releasing tension and stress. When you're stressed, your body tenses up, which you may not even realize while you're anxious. PMR teaches you to consciously tense for 5 seconds and then release your muscles in groups from head to toe. Once you get the hang of it, it's a helpful way to force your body to relax a bit.

Don't dwell on the exam. Some people find it comforting to talk to friends a little about what they wrote, whereas some find it much better not to talk about the exam at all. However, going over the exam in great depth, no matter how tempting it is to do so, will only make you worry about answers you can't change and will unnecessarily stress you out.

You will likely not be thinking as clearly or rationally about your performance right after a stressful exam as you will be once you've had a while to cool down. You'll probably feel like you performed much worse than you actually did.

Get some Exercise or some form of moderate physical activity in is a great way to reduce stress! Exercise produces endorphins, which are natural painkillers that boost your mood. If you're stressed out over your exam, try an aerobic activity like running, swimming, cycling, or even a brisk walk.

Regular aerobic exercise has been shown to decrease overall feelings of stress and tension, improve your sleep, and elevate your mood. Even if you aren't a huge fan of exercise, getting some on a regular basis will help you feel better.

A bit of what you love. Regardless of your results, you should celebrate the fact that you worked hard on your exams. Reward yourself by doing something you enjoy. If you can do it with friends, all the better.

Studies have shown that spending time with friends and loved ones is an excellent way to bust stress and promote a sense of calm and well-being. One study even showed that spending time with a person you consider a "best friend" lowers the levels of cortisol, a stress hormone, in your body. Make a plan to go out with your mates or see your family after exams.

For more info and advice

Our Wellbeing website is full of helpful tips, tricks, strategies and links on the subjects raised above as well as lots more. You can also submit a quick referral to the Wellbeing team if you are struggling and need to talk to someone.

Click this link to go there now [Wellbeing \(sharepoint.com\)](https://sharepoint.com)

Or you can contact our Safeguarding Team if you feel that you or a friend needs help to keep safe from harm, please tell us. We will always respond, and we are here to help you.

Contact a member of the Safeguarding Team by email at safeguarding@ccn.ac.uk or to call Safeguarding:

- Norwich and Paston 07795 487645
- Easton 07772 785346

Safeguarding members of staff: our Safeguarding Officers are Marie Pacey,
Charlotte Hardiment and Sam Warner.

Designated Safeguarding Leads are Jerry White, Seb Gasse, Jacky Sturman and
Helen Richardson-Hulme.

