0:0:0.0 --> 0:0:19.670  
Aruwa, Kenny  
Hi there. My name's Kenny and I'm a specialist. Mental health mental in the disability mental health and wellbeing game which is part of student support wellbeing and I am going to talk to you about what happens afterwards. So managing post, exam anxiety and stress of waiting for results.

0:0:20.660 --> 0:0:38.110  
Aruwa, Kenny  
It's no secret that exams can be stressful, and it's common to be in a bit of a heightened state of anxiety while sitting and exam and to just feel a bit tense. And that's your body's reaction to stress. It's important to take steps to try and let this go after each exam, and even more so once all of your exams are done.

0:0:38.980 --> 0:0:46.630  
Aruwa, Kenny  
So as soon as you put down your pen or stop typing at the end of your exam, there are things you can do to immediately start releasing that tension.

0:0:48.10 --> 0:0:55.660  
Aruwa, Kenny  
The taking breaths deep breath is a good place to start, particularly if you feel that your heart is beating fast or you're breathing is shallow and rapid.

0:0:56.410 --> 0:1:26.640  
Aruwa, Kenny  
Deep breaths helped to activate your parasympathetic nervous system, so that slowed down your body, and it will help to return it to its resting state after a period of stress and activity by under steady pace that works for you, 2 popular methods are 447 and 711. Breathing SO447 breathing is where you breathe in through your nose for four seconds, hold your breath for four seconds, and then breathe out through your mouth for seven seconds and 7:11.

0:1:26.710 --> 0:1:32.190  
Aruwa, Kenny  
Breathing is simply breathing in through your nose for seven seconds and then out through your mouth for 11 seconds.

0:1:32.990 --> 0:1:39.500  
Aruwa, Kenny  
He might even find that using 447 but first and then moving on to 711 works best for you.

0:1:40.840 --> 0:1:50.660  
Aruwa, Kenny  
Another thing is that we often hold so much tension in our bodies when we're doing something stressful, and sometimes we don't even realise that we can carry that around with us.

0:1:52.810 --> 0:2:21.320  
Aruwa, Kenny  
We can carry that around with us afterwards. So after you finished an exam and slowed your breathing, it can be good practise to move your attention down your body from your head to your feet or however you wanna do it. Just release the intention as you go. So one, clench your jaw, let your shoulders relax. Let the tension in your arms go relax your fists, and so on. For me, I often find myself clenching my jaw and curling my toes and sometimes sort of finding that the.

0:2:21.410 --> 0:2:50.970  
Aruwa, Kenny  
The muscles in my arms are tensing. Without me. You sort of intentionally planning or meaning to do that, and as soon as I recognise that and let that go, I it really helps me feel more relaxed and very quickly. So when our body is more relaxed and our parasympathetic nervous system is an action, they're less of these stress and an action ready, hormones coursing through our blood so it's easier to feel more relaxed. It's easier to think in a more relaxed way to do.

0:2:52.730 --> 0:3:21.160  
Aruwa, Kenny  
Human nature to worry about things that we've just done and spend time thinking about, whether we did them right or asking around to find out what we may have done wrong. The thing is, it's not helpful at all. Thinking about your answers after the exam is finished is not gonna help you because it's too late to change them and ask you and others what they wrote for certain questions won't help either, and it can actually make us worry unnecessarily if people did it was differently to us.

0:3:22.20 --> 0:3:36.490  
Aruwa, Kenny  
Not only might we end up worrying that we've done something wrong after hearing about the people's answers, even if they might have been the one that did it wrong. Not us again. We can't go back and change it. So we needlessly, essentially creating our own suffering.

0:3:37.460 --> 0:3:49.790  
Aruwa, Kenny  
Asking someone how they found the exam and briefly saying that you found it easier than expected or harder than expected, that's fine, but going into detail about something that's now over is just not helpful.

0:3:50.800 --> 0:4:10.10  
Aruwa, Kenny  
Perhaps 1 caveat to that would be if there's something in the exam that you just couldn't remember and it's really bugging you to the point that you know it's going to stay on your mind and not let you rest until you looked it up and fine. Look it up, roll your eyes and then put it behind you.

0:4:11.290 --> 0:4:28.540  
Aruwa, Kenny  
Mind you, if you're, you know, if you're a mindfulness pro and you feel you'd be able to let even a thought like this float by without entertaining it, then great. Otherwise, deal with the magnet school without falling into the trap of checking or your other computers, and then just let it go.

0:4:29.660 --> 0:4:42.280  
Aruwa, Kenny  
Give yourself a bit of time after the exam to relax and think about other things. Go for lunch with a friend or go for a walk or some other form of activities just to clear your head, blow out the cobwebs a bit.

0:4:43.570 --> 0:5:12.280  
Aruwa, Kenny  
If you want to debrief after an exam, don't focus on the content, but think about the practicalities of it. The take lessons from one exam into the other. If the second question was too rushed to think about, maybe spending less time on the first one, or stating your strongest topic for last in your next exam. If you used a certain method of planning during essay questions, or if you didn't plan at all and you found that maybe that didn't work too well for you, then look up planning methods ready for your next exam.

0:5:13.30 --> 0:5:43.200  
Aruwa, Kenny  
If you have rest breaks and you think the moments that you took them in your last exam weren't helpful as they could have been, you can perhaps take that as a learning opportunity and plan to use them differently next time. Now this is all helpful and it can put you in a better position for your remaining exams. You can also, as you go along, get a feel for the type of exam and realise that maybe you want to tailor your final bits of revision slightly differently given what you've learned now. Again, these are all good things, but try not to waste your time.

0:5:43.280 --> 0:5:47.220  
Aruwa, Kenny  
Then as you thinking and worrying about the content of the exams you've already done.

0:5:55.710 --> 0:6:25.950  
Aruwa, Kenny  
Rationally speaking, the exams that you've completed cease to hold any relevance or importance whatsoever until you receive your other results, even if it doesn't feel like that and there's nothing to be done with them during this interim period. So one, it may be easiest I've been done to just forget about them. It's worth reminding yourself that in this inbetween time, there's nothing you should or even could do, but now you're work on that topic is done. And for those of you who find mantra.

0:6:26.30 --> 0:6:29.880  
Aruwa, Kenny  
Useful backing be one. My work on that topic is done.

0:6:31.600 --> 0:6:34.890  
Aruwa, Kenny  
When it comes to the period after your final exam.

0:6:36.0 --> 0:7:0.780  
Aruwa, Kenny  
All of these things still apply. In particular, you know your exams, losing relevance and importance until results day and after your final exam. You know, still follow that short term advice, take deep breaths, release the tension in your body, trying not to think or talk too much about content at the exam and take some time to do something completely different, separated from the rest of your day.

0:7:1.420 --> 0:7:2.590  
Aruwa, Kenny  
But I'm following that.

0:7:3.370 --> 0:7:7.540  
Aruwa, Kenny  
There are other things to think about. Focus on now all your exams are done.

0:7:8.260 --> 0:7:38.620  
Aruwa, Kenny  
A lot of things can fall by the way side when we focus intently on completing our exams and assignment, virtualizing exercise, personal hobbies and projects, e-mail favourite TV shows these things can all but disappear from our lives and the height of exam season. Now obviously we would recommend trying to maintain some semblance of a work life balance even during your exams, but we appreciate that some sacrifices will inevitably have to be made. But once your exams are over.

0:7:38.810 --> 0:7:45.620  
Aruwa, Kenny  
It's a great time to pick these things back up again and throw yourself into the things that you do purely for your own enjoyment and wellbeing.

0:7:46.450 --> 0:8:5.480  
Aruwa, Kenny  
The let the balance swing back the other way and just do you for a while. Although some people can feel excitement and freedom when they're exams end, it's it's not unusual to feel a bit deflated or even quite low after expending all that energy and focusing on something so intensely.

0:8:6.320 --> 0:8:36.290  
Aruwa, Kenny  
And then just feeling a bit of a lack of a direction when it will suddenly stops. So get back to doing the things that you enjoy and doing the things for you, doing those things for yourself. And but you can also set goals, learn some new skills and enjoy being able to use the time for the things you want to do that you can set yourself a schedule or a certain routine you can build. If you find that the structure and would be helpful or or if you just think.

0:8:36.360 --> 0:8:39.140  
Aruwa, Kenny  
Actually, the lack of structure is a bit daunting.

0:8:41.130 --> 0:9:4.780  
Aruwa, Kenny  
If you find that your exams are occupying your mind a lot after you've completed them, try to engage in mindful activities like playing music, exercising, or playing sports. Meditating basically anything that you have to focus on in order to do because it will help you stay present in the moment and give your mind a bit of a break from worrying about the exams and your past and the results in your future.

0:9:6.190 --> 0:9:13.630  
Aruwa, Kenny  
If you feel you need to, you can try writing down a list of worries that you have and then consider practically what can be done about them.

0:9:14.490 --> 0:9:44.640  
Aruwa, Kenny  
Now, giving your worries of physical place like that, they can it can help to remind us that we don't need to think about them because there's no further action required at this time or if there are things that can be done about certain worries, it will help you clarify what those things are. That way when they pop into your head, you can either think, yeah, I know exactly what I'm going to do about that tomorrow or next week or whatever. So I think about it more then or no, I'm not gonna waste my time worrying about that because I've got a step by step action plan for it.

0:9:44.810 --> 0:9:47.80  
Aruwa, Kenny  
Ohh my action plan is do nothing.

0:9:48.260 --> 0:10:10.640  
Aruwa, Kenny  
Now, sometimes we can have these subconscious worries that we're not doing enough, and then they can either remain beneath the surface and make us feel uneasy, or they can bubble up and occupy our mind. But it can help to quiet those worries a bit if we try to consciously and intentionally remember that actually doing nothing is literally what we're supposed to be doing.

0:10:11.720 --> 0:10:41.950  
Aruwa, Kenny  
Now I'm gonna share one more thing and this is to do with worrying about results. So I've spoken about reminding ourselves that there's nothing for us to do until they arrive. And of course, we'd all love to be able to put all thoughts of our results out of our mind till we get them. But I appreciate that some of you may get to the end of the exam period and genuinely have honestly held them significant concerns about how your results may affect your progression, your degree classification.

0:10:42.20 --> 0:10:43.290  
Aruwa, Kenny  
For your further study.

0:10:44.540 --> 0:10:59.890  
Aruwa, Kenny  
So if you find yourself in this position, it may bring you some comfort to have some hypothetical plans in place for what happens next. So think about what your next steps would be if you get the results that you want or need, and make a little note of it.

0:11:0.580 --> 0:11:15.290  
Aruwa, Kenny  
Then think rationally and practically about what your steps would be if you don't get the results you need, and try not to dwell on the fear or upset this to bring. Because right now it's not even real, it's it's purely hypothetical and it will hopefully never happen.

0:11:15.920 --> 0:11:21.130  
Aruwa, Kenny  
But think briefly about the practical steps that may be needed in such a circumstance.

0:11:22.70 --> 0:11:49.790  
Aruwa, Kenny  
Often the next step in this situation could be to reset your exams or or some of your exams in the late summer assessment period. So in this worst case scenario that could be outlined now, it's not ideal, but it's also not the end of the world and knowing that the sky won't fall if you don't get your plan grade can bring a bit of comfort and be worth remembering, especially if you know how to go about that process and what you need to do in order to make that happen.

0:11:50.710 --> 0:11:56.330  
Aruwa, Kenny  
The maybe you were also worried about your next course of study and what will happen to an offer if you have to retake.

0:12:5.380 --> 0:12:8.650  
Aruwa, Kenny  
If you know that you won't be able to stop thinking about it otherwise.

0:12:9.830 --> 0:12:29.50  
Aruwa, Kenny  
And once you have this information written down the again, it's time to put it away because it's not needed yet and hopefully it won't be at all. But anytime you find yourself worrying, remember that it's all planned out and you'll know what to do. Whatever the outcome. Now this in practise is essentially hoping for the best, but being prepared for the worst.

0:12:30.670 --> 0:12:32.300  
Aruwa, Kenny  
So the summer.

0:12:33.470 --> 0:12:38.280  
Aruwa, Kenny  
When you finish an exam, take some deep breaths, and that the tension go from your body.

0:12:39.360 --> 0:13:0.60  
Aruwa, Kenny  
Try not to talk, think or read about the exam that you've just taken. Instead, do something I'm related exercise. See a friend go through a walk and then before your next exam, think about the practical elements of your last exam and what you may have learned that you can pick forward with you in 2 remaining revision and you'll finally exams.

0:13:0.850 --> 0:13:10.730  
Aruwa, Kenny  
Twitter exams done get back to being you and doing the things that you want to do. Take some time away from thinking about your work and focus on your enjoyment and wellbeing.

0:13:11.690 --> 0:13:22.430  
Aruwa, Kenny  
If you can't avoid worrying about the exams you've taken or the results you're waiting for, write down your concerns and any practical steps you can take to manage them. And if there are none, then write that down too.

0:13:23.680 --> 0:13:44.620  
Aruwa, Kenny  
If your worries revolve around the practical outcomes of not getting the desired results, you may find comfort in knowing what steps may need to be taken in such a situation. So make a note these if you really must, but remember again that this situation is hypothetical. It's not your reality, so you don't need to do anything about it yet, and hopefully you won't need to.

0:13:45.840 --> 0:13:53.570  
Aruwa, Kenny  
But going back to .5, if you can let this be your focus, time to relax, recuperate, enjoy.

0:13:54.290 --> 0:13:55.520  
Aruwa, Kenny  
And so for now.

0:13:56.560 --> 0:14:1.60  
Aruwa, Kenny  
Best of luck with your exams and all the best for your results as well give.