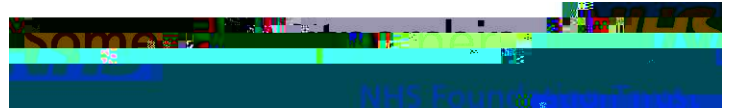


# Exam Stress

Working towards exams can create feelings of worry and being put under pressure, don't GCSEs or A-Levels, stress and anxiety about exams can affect EVERYONE.

We feel like this because our body produces a chemical called adrenaline





x **Don't leave your revision until it's too late** pace yourself over the weeks before the exams start and make yourself a realistic revision plan.



