

# EXAMS



ASK FOR HELP

IF YOU DON'T KNOW ABOUT SOME TOPICS;  
ASK FOR HELP.  
DON'T FEEL ASHAMED ASKING FOR HELP

**ChildLine**  
0800 1111



EXERCISE, PLAY SPORT,  
AND BE ACTIVE. THIS WILL  
HELP IMPROVE YOUR ABILITY  
TO THINK CLEARLY



REGULAR  
EXERCISE



REVISE AND  
PREPARE

PLAN YOUR REVISION. FOCUS TIME  
ON AREAS WHERE YOU CAN BE  
STRONGER. DON'T LEAVE  
EVERYTHING TO THE LAST MINUTE



TAKE CARE OF  
YOURSELF

PRACTICE BREATHING EXERCISES  
& GET GOOD SLEEP - THIS IS  
SIMPLE AND MAKES A POSITIVE  
IMPACT. 8HRS SLEEP IS HEALTHY.



RELAX AND  
GOOD SLEEP

MAKE SURE YOU EAT WELL AND  
DRINK PLENTY OF WATER, IT WILL  
HELP WITH CONCENTRATION



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