

Managing Exam Result

Anxiety



Strategies for Finding Calm Amidst Anticipation

Waiting for matric exam results may be an anxious time for students, since the conclusion frequently has a huge impact on their academic career. However, it is critical to successfully control this anxiety in order to retain well-being and a good outlook.

Here are some tips our learners can follow!

Acknowledge and Accept Your Feelings	Engage in Mindfulness and Relaxation Techniques	Focus on Self-Care	Distract Yourself Positively
<p>It is natural to feel anxious while waiting for exam results. Using the following tactics and techniques can help you to navigate the nervous waiting period.</p>	<p>To relieve stress, engage in mindfulness techniques such as deep breathing, meditation, or exercise. By shifting emphasis to the present moment, relaxation techniques encourage a sense of peace and lower anxiety levels.</p>	<p>Make self-care activities such as getting adequate sleep, eating nutritious foods, staying hydrated, and exercising on a regular basis a priority</p> <p>Taking care of your physical and emotional health is critical for coping with worry and being resilient during the waiting time.</p>	<p>Divert your focus away from your exam results by engaging in interesting activities or hobbies.</p> <p>Spend time with friends, read books, watch movies, or engage in physical activities that offer you joy and assist you in shifting your emphasis from concern to positive.</p>
Reframe Negative Thoughts	Seek Support from Loved Ones	On results day	Lastly
<p>Negative thoughts should be challenged and replaced with more realistic and optimistic viewpoints.</p> <p>Instead of worrying about possible outcomes, remind yourself that exam results do not determine your value or intellect.</p>	<p>Share your emotions and concerns with trusted friends or family members. Talking about your concerns can provide emotional support, comfort, and alternative viewpoints on the topic.</p>	<p>The night before results day, try to make sure that you have a healthy evening meal and get a lot of sleep.</p> <p>In the morning, wake up on time and eat a healthy breakfast.</p> <p>Make sure that your parents or guardians are available physically or by phone throughout the day in case you need them!</p>	<p>Remember that there is nothing you can do to change the results after the exam.</p> <p>Disappointing results are not the end of the world, there are plenty of ways to retake exams and reassess options but hopefully, you will receive good news so that you can celebrate your success!</p>



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