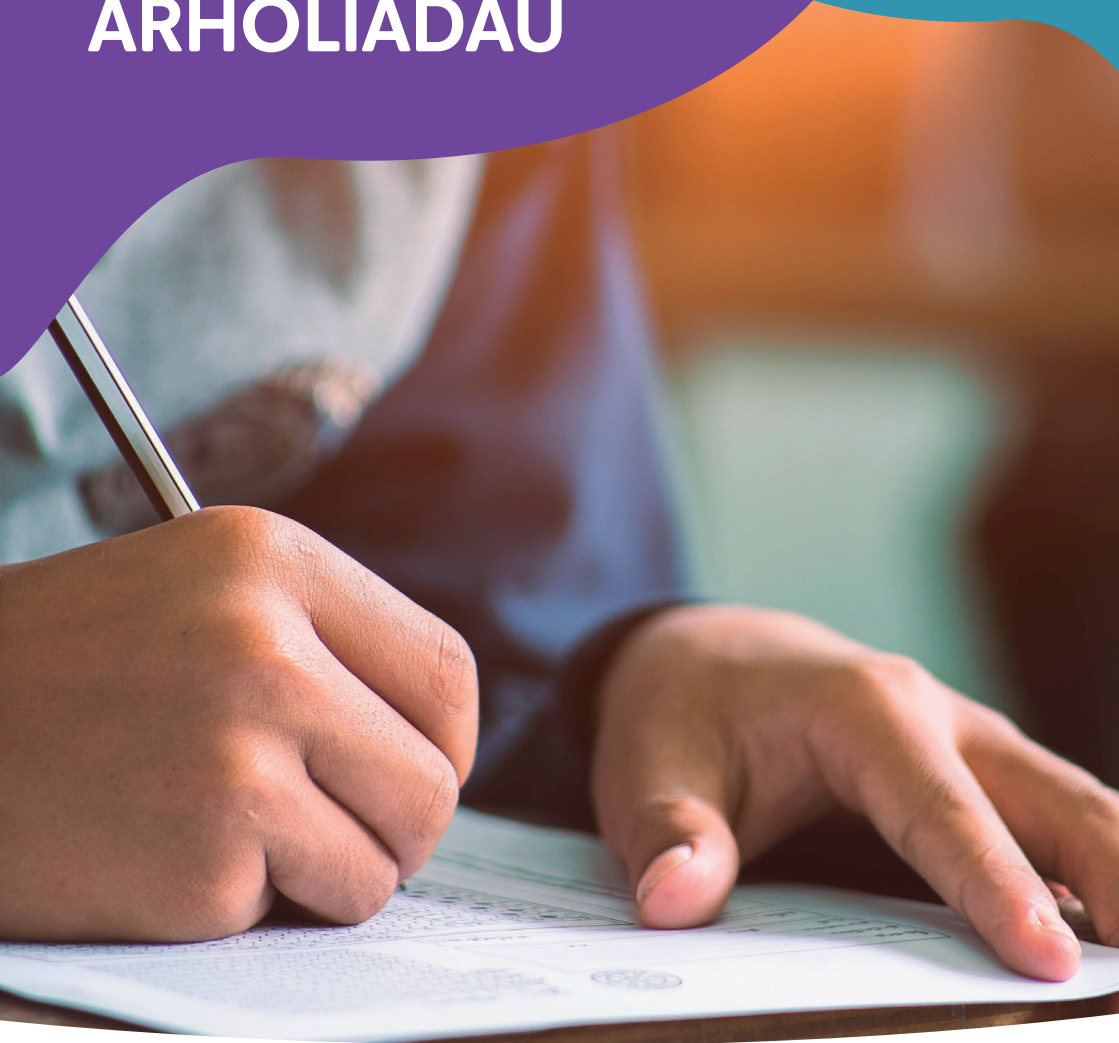


COPING WITH EXAMS

YMDOPI AG ARHOLIADAU



PAPYRUS
PREVENTION OF YOUNG SUICIDE
ATAL HUNANLADDIAD IFANC

For most people, exams are stressful. Whether you are worrying about your workload, anxious about performing or fearful about the future, it's not unusual to feel this way.

When under pressure our bodies respond by producing adrenaline - the 'fight, flight or freeze' hormone. While this reaction is perfectly natural, and often necessary, too much adrenaline can cause unwanted symptoms such as sickness, dizziness and headaches. Stress can lead to trouble sleeping, a loss of appetite and can also affect our mood causing us to feel irritable, unhappy and even hopeless.

You may hear people say 'it's not the end of the world' but for some young people it can certainly feel like it is.

I'r rhan fwyaf o bobl, mae arholiadau'n achosi stres. P'un a ydych chi'n poeni am eich llwyth gwaith, yn orbryderus am berfformio neu'n ofni'r dyfodol, nid yw'n anarferol i deimlo fel hyn.

Pan fyddwn ni o dan bwysau bydd ein corff yn ymateb drwy gynhyrchu adrenalin - sef yr hormon 'ymladd, ffoi neu rewi'. Tra bo ymateb fel hyn yn gwbl naturiol ac yn aml yn angenrheidiol, gall gormod o adrenalin beri symptomau dieisiau fel codi cyfog, pendro a chur pen. Gall stres arwain at drafferthion cysgu, colli archwaeth a gall hyd yn oed effeithio ar ein hwyly a'n gwneud i deimlo'n flin, yn anhapus neu hyd yn oed yn anobeithiol.

Efallai clywch chi bobl yn dweud 'dyw e ddim yn ddiwedd y byd' ond i rai pobl ifanc gall wirioneddol deimlo fel hynny.

Before Exams

'What can I do to reduce stress before exams begin?'

- **Organise** your workload. Prepare for your exams by setting yourself realistic targets to work towards and finding a revision style that suits you.
- **Pace** yourself. Give yourself plenty of time and revise in short bursts. Remember to take regular breaks between study sessions.
- **Talk** with family, friends, tutors or teachers - share your worries with anyone that you find supportive.
- **Recharge** by drinking water and fuelling your body with healthy food. Exercise can also help to release some of that extra exam tension.
- **Rest.** Make sure you are getting enough sleep and spending time relaxing. Try breathing techniques and practice mindfulness to keep calm and refreshed.
- **Socialise** with friends. Remember that you have a life outside of studying. Allow yourself some time out with others to have some fun!

Cyn arholiadau

'Beth allai ei wneud i leihau stress cyn i'r arholiadau ddechrau?'

- **Trefnu** eich llwyth gwaith. Gallwch baratoi ar gyfer yr arholiadau drwy osod targedau realistig a cheisio dod o hyd i ffordd o adolygu sy'n eich siwtio chi.
- **Gan bwyll.** Rhowch ddigon o amser i'ch hun i adolygu am gyfnodau byr ar y tro. Cofiwch gael egwyl yn rheolaidd rhwng y sesiynau astudio.
- **Siarad** â theulu, ffrindiau, tiwtoriaid neu athrawon – rhannwch eich gofidiau gydag unrhyw un sy'n gefnogol.
- **Ail wynt** drwy yfed dŵr a bwyta'n iach i gael ynni i'r corff. Gall ymarfer corff helpu i ryddhau peth o'r tensiwn ychwanegol sydd adeg arholiadau hefyd.
- **Gorffwys.** Gwnewch yn siŵr eich bod yn cael digon o gwsg ac yn treulio amser yn ymlacio. Rhowch gynnig ar dechnegau anadlu ac ymarfer ymwybyddiaeth feddylgar i gadw'n dawel eich meddwl a'ch adfywio.
- **Cymdeithasu** gyda ffrindiau. Cofiwch fod bywyd gennych y tu hwnt i astudio. Rhowch beth amser i'ch hun fynd mas gydag eraill a chael hwy!

After Exams

'What will I do if I don't get the results I was hoping for?'

- **Reflect.** 'Failing' exams does not make you a failure. You may have to take a different route to achieve your goals but setbacks can increase resilience and lead to unexpected and exciting opportunities. Take time to experience your emotions instead of making a snap decision.
- **Explore** other options. Resitting an exam, repeating a year, appealing a grade, entering clearing, taking a gap year or considering different courses, careers, apprenticeships and internships are just some of the options available to you.
- **Ask** for some support. Discuss your disappointment with those around you. Consider who you can contact for more advice; a teacher or tutor, a careers advisor or service.
- **Care** for yourself. Regardless of your results, you've worked really hard and this achievement should be rewarded. Practice self-care by planning something positive for results day.

Suicide

For some students, the pressure surrounding exams can feel overwhelming and can sometimes include thoughts of suicide. We urge anyone with thoughts of suicide to reach out for help. We also urge parents, teachers and others to reach in and give students space to share how they are feeling, especially if they are considering suicide.

With the right support, young people can stay safe from suicide and start to feel hopeful about the future.

Ar ôl yr Arholiadau

'Beth wnaif i os na chaf i'r canlyniadau roeddwn yn eu disgwyl?'

- **Myfyrio.** Nid yw 'methu' arholiadau'n eich gwneud chi'n fethiant. Efallai bydd rhaid i chi ddilyn llwybr gwahanol i gyflawni'ch nod ond wrth gael eich dal yn ôl gall hynny gynyddu gwytnwch ac arwain at gyfleoedd annisgwyl a chyffrous. Cymerwch amser i brofi'ch emosiynau yn lle gwneud penderfyniad sydyn.
- **Archwilio** opsiynau eraill. Mae ailsefyll arholiad, ail-wneud blwyddyn, apelio gradd, cael mynediad at glirio, cymryd blwyddyn o hoe neu ystyried gwahanol gyrsiau, gyrfaoedd, prentisiaethau ac interniaethau yn rhai yn unig o'r opsiynau sydd ar gael i chi.
- **Gofyn** am beth cefnogaeth. Trafodwch eich siom ag eraill o'ch cwmpas. Ystyriwch â phwy allwch chi gysylltu am ragor o gyngor; athro neu diwtor, cynghorydd neu wasanaeth gyrfaoedd.
- **Gofalu** amdanoch chi'ch hun. Waeth beth yw eich canlyniadau, gwnaethoch chi weithio'n wirioneddol galed a dylai'r cyflawniad hwn gael ei wobrwyo. Cynlluniwch rywbeth cadarnhaol ar gyfer diwrnod canlyniadau er mwyn ymarfer hunanofal.

Hunanladdiad

I rai myfyrwyr, gall y pwysau o gwmpas arholiadau fod yn llethol ac weithiau gall gynnwys meddyliau am hunanladdiad. Rydyn ni'n erfyn ar unrhyw un sydd â meddyliau am hunanladdiad i estyn allan am help.

Rydyn ni hefyd yn erfyn ar rieni, athrawon ac eraill i estyn i mewn a rhoi'r gwagle i fyfyrwyr rannu eu teimladau, yn enwedig os ydynt yn ystyried hunanladdiad.

HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Os ydych chi'n cael meddyliau am hunanladdiad neu'n bryderus am berson ifanc a allai fod gallwch gysylltu â HOPELINEUK am gymorth cyfrinachol a chyngor ymarferol.

HOPELINEUK

Call: **0800 068 4141**

Text: **07860 039 967**

Email: **pat@papyrus-uk.org**

Opening hours:

9am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

Our Suicide Prevention Advisers are ready to support you.

HOPELINEUK

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Neges Destun: **07860 039 967**

E-bost: **pat@papyrus-uk.org**

Oriau agor:

9am - 10pm dyddiau'r wythnos

2pm - 10pm penwythnosau

2pm - 10pm gwyliau banc

Mae ein cynghorwyr atal hunanladdiad yn barod i'ch cynorthwyo.



Registered Charity Number - 1070896
Rhif Elusen Gofrestredig - 1070896