



nec National
Extension
College



SUPPORT FOR A LEVEL STUDENTS

Managing Results Day Stress

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Feeling stressed or anxious as results day approaches?

You're not alone. Every year, hundreds of thousands of students across the UK wait for their results - many experiencing the same mix of nerves, hope and uncertainty.

It's completely natural to feel this way. But there are ways to take control of your feelings and look after your wellbeing while you wait.

Ask yourself: What exactly are you worried about?

- Are you unsure what will happen if your grades aren't what you hoped for?
- Do you feel pressure not to disappoint your family or teachers?
- Are you comparing yourself to others?
- Or is it just the stress of not knowing what comes next?

While these thoughts are common, remember: **your anxiety can't change the outcome.** Your exams are done. The results are out of your hands now - but how you respond is within your control.

Helpful ways to manage stress while you wait

- **Connect with others.** Spend time with friends or family - especially others who are also waiting for results. Talking helps.
- **Pick up a hobby.** Do something you enjoy or start something new you didn't have time for during revision.
- **Eat well and drink water.** Staying physically well supports your mental wellbeing too.
- **Sleep matters.** Aim for around eight hours a night. Routine can help reduce anxiety.
- **Move your body.** Whether it's walking, team sports or dancing in your room, exercise boosts mood.
- **Get outside.** Being in nature is proven to reduce stress.
- **Talk about it.** Open up to someone you trust or try writing down your thoughts.
- **Make a plan B.** It can help you feel more in control, even before results arrive.
- **Remind yourself:** This feeling is temporary. Results day will come - and go.

Your exam results do not define you

Whatever happens on results day, you are still you. Your results do not determine your value, your potential, or your future.

Time for a wellbeing check-in

If you've noticed any of the following, please speak to a trusted adult or a doctor:

- You've been feeling ill more often than usual.
- You're avoiding friends and social contact.
- You feel sick or panicked when talking about your future.
- Your sleep or appetite has changed.

If you need to talk, we're here to help:

 student.support@nec.ac.uk

 0800 389 2839