



SUPPORT FOR GCSE STUDENTS

Managing Results Day Stress

Feeling anxious about your GCSE results?

It's completely normal to feel nervous. Hundreds of thousands of students across the country are in the same position, waiting to see how they've done.

Whether you're worried about your grades, what others might think, or simply the unknown, you are not alone. But there are positive ways to manage this time.

Start by asking yourself: what's causing the stress?

- Are you uncertain about what your results might mean for your future?
- Do you feel pressure not to let down your family or teachers?
- Are you comparing yourself to others or imagining the worst?
- Is it just the wait that's making you feel overwhelmed?

Whatever the reason, take a moment to recognise that **stress won't change your results**. Your exams are over. The best thing you can do now is focus on looking after yourself.

Things you can do while you wait:

- **Talk to friends or family.** Sharing how you feel can help, especially with others in the same situation.
- **Find a healthy distraction.** Try a hobby you enjoy - or pick up something new you didn't have time for during revision.
- **Eat well and stay hydrated.** Looking after your body supports your mind.
- **Get enough sleep.** Aim for about eight hours a night to stay balanced and rested.
- **Move your body.** Whether it's sport, walking, dancing or stretching, being active helps release tension.
- **Spend time in nature.** Being outdoors can reduce stress and improve your mood.
- **Write things down.** If you're struggling to talk, try journaling your thoughts.
- **Make a plan B.** It can help you feel more in control of what happens next.

Remember: this feeling is temporary. Results day will come - and go.

Your results do not define you.

You are more than a grade. No matter what your results are, they don't change who you are or your potential.

Check in with yourself:

Have you noticed any of the following?

- Feeling unwell more often than usual.
- Avoiding friends or family.
- Anxiety when thinking about the future.
- Changes in appetite or sleep patterns.

If so, please speak to someone you trust - or a doctor.

Need support? Contact NEC's Student Support Team:

 student.support@nec.ac.uk

 0800 389 2839