

## During-Exam Mental Health & Focus Check-In

**Purpose:** To help you stay aware of how you're feeling during exams and to support your mental wellbeing and focus.

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### Part 1: Emotional Check-In

#### 1. How are you feeling emotionally today?

(Choose up to 3 that match how you feel right now)

- ☐ Calm
  - ☐ Stressed
  - ☐ Focused
  - ☐ Anxious
  - ☐ Motivated
  - ☐ Overwhelmed
  - ☐ Tired
  - ☐ Frustrated
  - ☐ Okay
  - ☐ Other: \_\_\_\_\_
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#### 2. Are you sleeping and eating well during this exam period?

- ☐ Yes, both
  - ☐ Mostly, but not every day
  - ☐ Not really
  - ☐ No, I'm struggling
  - ☐ Not sure
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#### 3. Are you taking regular breaks between exams or while revising?

- ☐ Yes, I take breaks to reset
  - ☐ Sometimes, but I forget or feel guilty
  - ☐ No, I tend to keep going without breaks
  - ☐ I'm not doing much revision at the moment
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## **Part 2: Stress & Self-Care Strategies**

### **4. What's helping you manage stress right now? (Tick all that apply)**

- ☐ Breathing exercises
  - ☐ Music or podcasts
  - ☐ Writing or journaling
  - ☐ Talking to someone
  - ☐ Exercise or movement
  - ☐ Quiet time or resting
  - ☐ Nothing is really helping yet
  - ☐ Other: \_\_\_\_\_
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### **5. Have you felt panic or anxiety in any recent exams?**

- ☐ Yes, often
  - ☐ Yes, once or twice
  - ☐ No, but I've felt nervous
  - ☐ No, I've felt okay so far
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### **6. Are you staying hydrated and avoiding too much caffeine (e.g., energy drinks or too much coffee)?**

- ☐ Yes, I'm drinking enough water and watching caffeine
  - ☐ Mostly, but I could drink more water
  - ☐ No, I'm not thinking about that much
  - ☐ I'm not sure
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### **7. Who can support you during this time if you need to talk or need help? (Choose all that apply)**

- ☐ A parent or carer
  - ☐ A friend
  - ☐ A teacher or school mentor
  - ☐ A school counsellor or wellbeing staff
  - ☐ No one at the moment
  - ☐ Other: \_\_\_\_\_
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## **Part 3: Encouragement & Reflection**

8. What is one positive thing you've done for yourself today?



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9. Would you like someone to check in with you this week?

- ☐ Yes, please
- ☐ Maybe
- ☐ No, I'm okay for now



**Quick Reminders to Support You:**

- Try **box breathing**: Inhale 4 sec → Hold 4 sec → Exhale 4 sec → Hold 4 sec
- **Don't compare**—your path is your own
- **Avoid overloading** your brain the night before an exam
- Take screen time breaks—your mind needs rest too