

### **Additional advice for Young people with exams or workload pressures and anxieties**

The pandemic has brought a lot of anxiety into our lives with young people often experiencing additional pressures from exams or assessments as well as the day-to-day school workload. This is such an important period in their lives that can shape their future so no wonder many young people are anxious and feel the pressure. Below are a few additional tips from Tanya on how we can support young people who are struggling:

- We need to stay realistic as parents and carers in terms of our expectations from ourselves and the children. Don't add extra pressure and cause extra anxiety if it can be avoided.
- This is a very different time and we need to accept that things are not going to work the same way as usual and changing and flexing our rules to accommodate the new reality is ok. We need to stop feeling bad about it or feeling like we have failed, and we need to teach the young people to do the same.

[Click here](#) for more advice on how to support children and young people who are struggling.