

# STUDY LEAVE ANXIETY & EXAM FEAR

## TIPS FOR PARENTS OF ANXIOUS REVISERS

### RAISING CHILDREN, NOT GCSES

- » Our pressure for our children to succeed can override our relationship with them.
- » Next time you push your child too hard, ask yourself 'Are we raising children, or GCSEs?'
- » Remember, you're on their team. You can always step out of pressuring mode and move into empathy mode.



#### PSYCH TIP!

*Your child's wellbeing, and relationship with you, contribute more than results to successfully navigating adult life.*

### FEELING SAFE TO FAIL

- » Your child needs to feel safe to fail. Still loved if they fail. Confident you will help them find a successful route if they fail. Try to say these points to them often.
- » If you need to convince yourself it's safe to fail, think of the top earners & start-ups in your year. They were rarely the top-of-the-class academics!
- » There are many routes to success and your child will find his/hers.



#### PSYCH TIP!

*Paradoxically, feeling safe to fail is one of the best ways to unfreeze the brain and perform with excellence.*

### RESPOND TO THE FEELING BEHIND THE BEHAVIOUR

- » Anxiety can cause a child to lash out in anger, procrastinate from terror of failing, and trigger easily into huge emotion.
- » Try to identify and understand the feeling behind the behaviour, rather than add misery with criticism and punishments.
- » Try to give an empathetic, calm response: 'It looks like you're really pressured. Pressure can be crippling. This is such a hard period. I'm here for you. Can I help in any way?'



#### PSYCH TIP!

*Compassion and support reduce threat and soothe the pressure. This relaxes your child's tension and nervous energy (and their behaviour!)*

### RESPECTING LIMITS

- » If a child's brain can't take anymore, encourage them to respect their limits.
- » Perhaps they can take a healthy break or a day off to refresh and do something enjoyable.
- » If they don't finish the syllabus... it's safe for them to fail. Try to remind them (and yourself!) they only need to do the best they can.



#### PSYCH TIP!

*Pushing beyond one's limits overtaxes the brain and body. Respecting limits paradoxically leads to better brain performance.*

CLICK [HERE](#) FOR A BREATHING EXERCISE YOUR CHILD CAN LISTEN TO, SOOTHING EXAM FEAR.