Exam Stress Toolkit for Students

Print this and keep it near your desk. Fill in the weekly check-in every Sunday.

1. Weekly check-in

This week…	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hours of sleep							
Woke up at the same time? (✓)							
Moved for 20+ minutes? (✓)							
Stress level 1 (calm) – 5 (very high)							

If stress is 4 or 5 on most days, or sleep keeps dropping below 8 hours, talk to a parent, teacher or counsellor this week.

2. Worry → action sheet

What I'm worried about	One small thing I can do this week	Can't control — set aside (✓)

3. This week's goals (effort, not marks)

Goal (e.g. "finish 2 Physics chapters", "1 timed sample paper")	Done?

4. Daily basics

☐ Same wake-up time every day, including Sundays
☐ 8–10 hours of sleep (recommended for ages 13–18)
☐ Screens off an hour before bed
☐ Short study blocks with real breaks
☐ 20–30 minutes of movement
☐ Regular meals and water

5. Exam-day checklist

Night before	Morning	In the hall
Pack admit card, pens, instruments, water bottle	Light breakfast; leave early	Read the paper calmly; start with what you know
Glance at one-page summaries, then stop	No new topics	If you blank: slow breaths, move on, come back later
Sleep at your usual time	Avoid anxious group discussions	After the paper: don’t discuss answers — rest for the next one

6. When to ask for help

- Worry stops you sleeping or studying for more than a week or two
- You feel low, irritable or tearful most days
- You’ve lost interest in things you usually enjoy
- You feel hopeless, or have thoughts of harming yourself — talk to a trusted adult today and call Tele-MANAS

7. Free support

Support	Contact	Notes
CBSE psycho-social counselling	1800-11-8004 (toll-free)	Recorded guidance in Hindi and English round the clock; tele-counselling on weekdays 9:30 a.m.–5:30 p.m. in the 2025-26 cycle. Check cbse.gov.in for 2027 dates (usually from January).
Tele-MANAS (Government of India)	14416 or 1-800-891-4416	Free mental health helpline, several languages.
School counsellor / class teacher	At school	A good first person to talk to.

Reaching out is a sign of strength, not weakness. Sources: CBSE counselling details as reported by Business Standard (7 Jan 2026) and All India Radio News; Tele-MANAS numbers from PIB (29 May 2024); sleep recommendation from the American Academy of Sleep Medicine consensus (2016).