

## **THE IRISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY (IACP) OFFER EXAM ADVICE TO STRESSED STUDENTS**

*IACP Chair urges Students to “mind their mental health in the face of exams”*

As Irish Leaving and Junior Cert students face the final run up to this summer's exams, the Irish Association for Counselling and Psychotherapy (IACP) wants to remind students to be mindful of their stress levels. A recent nationwide survey carried out by Behaviour & Attitudes on behalf of the IACP, found that exams are the number one cause of stress for those under the age of 25, mentioned by 48% of all surveyed. The IACP would like to offer some advice to our nation's youth in this potentially stressful time.

Ray Henry, counsellor and Chair at IACP, says: “The pressure surrounding exams can be extremely anxiety inducing for young people. It can be a contributing factor in mental health issues amongst students”. Mr Henry continues to say “I'd advise young people to remain positive. Parents need to be supportive to their children and help them develop a skillset to cope with stress. Take time to listen to them and allow them a safe space to express their uncertainty and fears”

Mr Henry offers the following tips to students:

- “Those feeling anxious about exams should seek help from: friends, parents, an IACP accredited counsellor/psychotherapist, a guidance counsellor, a teacher or a doctor”
- “Try to keep your perspective, your results are not the true measure of your value as a human being”
- “Set realistic goals that are within your means”
- “Healthy eating can be very helpful in boosting memory and concentration. A well-balanced diet can do wonders for your mood and mental health”
- “Exercise is a natural stress reliever. Try to get at least 30 minutes each day if possible”
- “Aim to get 8 hours sleep a night if you can, and put down the books an hour before bed and relax the night before the exam”

To find out more about the IACP or for a list of accredited counsellors or psychotherapists in your area, visit [www.iacp.ie](http://www.iacp.ie).

ENDS

### **Notes to Editor:**

#### **Irish Association for Counselling and Psychotherapy**

Established in 1981, the IACP identifies, develops and maintains professional standards of excellence in counselling and psychotherapy. IACP aims to protect the public by promoting best practice and the professional development of its members. IACP is the largest professional body of counsellors and psychotherapists in the Republic of Ireland with over 4,200 members nationwide. IACP provides a telephone referral helpline, an information service; and an online counsellor / psychotherapist / supervisor directory. IACP is a registered Charity (CHY 6615).

**For further information, or to arrange an interview with an IACP Spokesperson, please contact Hugh O'Donoghue, 01 214 7933 or 0877206033.**

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