

Exam Month Printable Toolkit Sanaroo Healthcare

Sleep • Stress • Study (for students + parents)

Counselling support for students & families

What's inside

- Daily Burnout-Proof Study Sheet (2 deep blocks + recall + buffer)
- 7-Day Recall Tracker (active recall + practice questions + mistakes list)
- Weekly Burnout-Proof Planner (plan the week without panic)
- Sleep Protection Checklist + 2AM Overthinking Protocol
- 90-Second Panic Reset + 'Blanking Out' Recovery Steps
- Parents' Exam Support Sheet (scripts + one-check-in rule)

How to use (simple)

- 1) Print pages 2–7. Keep them on your study desk or on the fridge.
- 2) Use the Daily Study Sheet every day. Use the 7-Day Tracker for one subject/topic.
- 3) If panic hits, open the Panic Reset page and follow it step-by-step.
- 4) Parents: use the scripts on the last page. Less pressure, more safety.

Daily Burnout-Proof Study Sheet

2 deep blocks + recall + buffer (print multiple copies)

Name: _____

Date: _____

Subject: _____

Quick check-in (30 seconds)

- I slept at least 7 hours (or I will protect sleep tonight).
- I will do 2 deep blocks (not 8 hours of chaos).
- If anxious: I'll do the 90-second reset before studying.

Deep Block A (45–90 min) — hardest first

Topic: _____

Output (e.g., 10 Qs / 1 outline / 1 past-paper)

Deep Block B (45–90 min) — timed Qs + review

Timed questions / paper: _____

Mistakes I'll fix (1–3 only): _____

Daily add-ons (keep it simple)

- 20 min recall (flashcards / blurring / self-quiz)
- 30–60 min buffer ('life happens' time)
- 10 min walk / stretch (brain reset)

Sleep plan (tonight): _____

7-Day Recall Tracker

Active recall + practice questions + mistakes list (one topic/subject)

Student: _____ Subject: _____ Date range: _____

Day	Focus topic	Recall	2 Qs	Mistakes	Sleep
D1	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D2	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D3	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D4	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D5	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D6	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D7	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes / patterns I'm noticing (keep it honest)

Weekly Burnout-Proof Planner

Plan the week without panic (print 1 per week)

Week of: _____

Subject: _____

Day	Block A	Block B	Recall	Buffer
Mon	_____	_____	<input type="checkbox"/>	_____
Tue	_____	_____	<input type="checkbox"/>	_____
Wed	_____	_____	<input type="checkbox"/>	_____
Thu	_____	_____	<input type="checkbox"/>	_____
Fri	_____	_____	<input type="checkbox"/>	_____
Sat	_____	_____	<input type="checkbox"/>	_____
Sun	_____	_____	<input type="checkbox"/>	_____

Burnout warning signs

- Brain fog / forgetting basics
- Studying longer but learning less
- Irritable, tearful, or numb
- Headaches, stomach issues, poor sleep
- Avoidance: scrolling, doom-planning, quitting

If stuck: the 4-step ladder

- 1) Regulate: 4 in, 6 out x 5
- 2) Shrink task: 5 minutes only
- 3) Start easy: 1 small question
- 4) Break properly: water + stretch (no phone)

Consistency beats intensity. Protect sleep.

Sleep Protection Checklist

Page 5

Better sleep = better recall (print and stick near bed)

Evening wind-down (pick 3, not 10)

- Lights down 60 minutes before bed
- Phone out of bed zone (charge away from pillow)
- Caffeine cutoff ~8 hours before sleep
- Warm shower or face wash (signals bedtime)
- 5-minute tidy + set up tomorrow's first task
- 1 short calming audio (5–10 min) instead of scrolling

2AM overthinking protocol (do this, then stop)

- Step 1: 4 in, 6 out x 5 (longer exhale)
- Step 2: Say: "I'm having the thought that I'll mess up."
- Step 3: Write 2 lines: Worry + One action tomorrow
- Step 4: Park it: "Not now. Tomorrow at 6pm."
- Rule: No midnight revision marathons. Sleep wins marks.

Night-before exam plan (no hero mode)

- Pack bag + clothes early (remove uncertainty)
- Short review only: headings + mistakes list (10–20 min)
- Stop time. Dim lights. Phone away.
- If you can't sleep: rest quietly. Do not scroll.

90-Second Panic Reset

Page 6

For exam anxiety + sudden spirals (students + parents)

Do this in the moment

Step 1: Exhale longer than inhale
4 in, 6 out x 5

Step 2: Orient (come back to the room)
Name 3 things you see
Feel both feet on the floor

Step 3: Body signal
Splash cold water OR hold something cold 10 sec

Step 4: One tiny action
Open page • write heading • easiest question first

Bring the thinking brain back online

If you blank out:

- 1) Exhale slow once
- 2) Write keywords first (cues bring memory back)
- 3) Build one sentence at a time

Exam-day micro plan:

- 2 min long exhales before starting
- Scan paper and mark easy questions
- Start easy first (warm-up)

Parents (in panic mode):

Say: "I'm here. Breathe with me."

Ask: "Comfort or plan?" (keep it short)

Rule: Calm body first. Logic second. Action brings confidence back.

If panic is frequent or severe, professional support helps. You don't have to "push through" alone.

Parents' Exam Support Sheet

Support ≠ surveillance (use these scripts at home)

Student name: _____

Daily check-in time: _____

Helpful scripts (copy-paste)

When they panic:

- "I'm here. You're safe."
- "Breathe with me: 4 in, 6 out."
- "Do you want comfort or a plan?"

When they avoid studying:

- "What's the next small step (5 minutes)?"
- "Start easy first. We build momentum."

When they finish a task:

- "I'm proud of your consistency."
- "Rest is part of performance."

What to avoid + what to do instead

Avoid in exam month (it backfires):

- "Why are you like this?"
- "Look at that child."
- "You'll fail." / "What if you fail?"
- Hourly checking: "How much done?"

Replace with structure:

- One check-in/day (same time)
- One practical help offer
- Quiet house during deep blocks

Support menu (choose 1–2 daily)

- | | |
|--|---|
| <input type="checkbox"/> Snack / water ready | <input type="checkbox"/> No comparisons (ever) |
| <input type="checkbox"/> Help make a 2-block plan | <input type="checkbox"/> One calm check-in only |
| <input type="checkbox"/> Drive / logistics support | <input type="checkbox"/> Walk together 10 min |
| <input type="checkbox"/> Quiet house during study | <input type="checkbox"/> Early bedtime protection |

Sanaroo Healthcare | Online counselling support for students and families