Worried about the results day and night? What can I do?

Excessive worry will consume our psychological strength and create a sense of powerlessness that "a disaster is coming" and "I cannot cope with it". If you notice that you are often worried about the results, you can focus on the following three things:

1 Identify the unhelpful thoughts in your mind that cause excessive worry, and then make adjustments based on the actual situation

Helpless thoughts
"If I don't do well in this exam, I will have no future."

Adjust your ideas to reality
"If the results are not satisfactory, I can choose to retake. A good future is built by many factors, including resilience and perseverance, exams results are only part of it."

2 In response to different possible results, discuss your plans in advance with your family, teachers, schoolmates and social workers

Excellent results: Plan A

Scored lower than expected: Plan B

Failed: Plan C

Clinical psychologists advise: "Be well prepared mentally and practically. No matter what results you get, you know there is always a path for you. Then you won't be easily hesitant."

3 Practise positive self-affirmation every day: affirm your abilities, potential and self-worth. People who often make self-affirmations will not be strict with themselves, "only successes are allowed in exams, not failures." They know how to appreciate themselves and accept that they have their own strengths, weaknesses and imperfections

Relevant Information:
Student Health Service https://www.studenthealth.gov.hk/eindex.html
Hok Yau Club https://www.hyc.org.hk/