A képen személy, ruházat, Emberi arc, könyv látható

Előfordulhat, hogy az AI által létrehozott tartalom helytelen. Post-exam blues: You’ve finished your exams, so why do you feel empty?

You’ve taken your last exam, submitted your final assignments, wrapped up the presentations, and now it’s all finally over. You should be enjoying well-deserved rest and summer freedom, but somehow it doesn’t feel the way you imagined. Maybe you’re tired, unmotivated, feeling low, or just plain empty. If this feeling sounds familiar, don’t worry. You’re not alone. What you’re experiencing is most likely post-exam blues, and believe it or not, it’s completely normal.

What exactly *is* post-exam blues?

The exam period is an intense mental and emotional strain, involving weeks of constant pressure to perform, stress, and focused work. That’s why, when this period finally ends, many people don’t feel euphoria but rather a sense of sadness or emptiness. It can feel like the ground has suddenly been pulled out from under you.

This kind of emotional drop is a completely natural reaction. The disappearance of familiar routines and clear goals often brings feelings of uncertainty, sadness, or even indifference. In psychology, this experience is often compared to a mild form of grief. We may not lose something tangible, but we are still saying goodbye to a time in our lives that we invested so much energy, time, and a part of ourselves into.

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Előfordulhat, hogy az AI által létrehozott tartalom helytelen. What’s happening beneath the surface?

Periods of intense stress, like exam season, trigger significant hormonal changes in your body. The most well-known hormone involved is cortisol, which helps with focus, mobilizes energy reserves, and keeps the body in a state of heightened alertness. However, this heightened activity is exhausting over time, and when the stress suddenly ends, the nervous system needs time to recover.

Additionally, many people develop an internal narrative during the semester: “Once the exams are over, I will finally be happy.” When that euphoric feeling does not arrive and is replaced by fatigue and lack of motivation, it can lead to disappointment. It is also common for ‘study mode’ to become part of your identity, so its sudden end can raise deeper, even existential questions, such as: “Who am I now that I no longer have to study and have no exams?”

What does science say about this?

A study among medical students examined their psychological state after exams were finished. The results showed that a significant number of students experienced symptoms of depression following the exam period, such as low mood, loss of interest, sleep disturbances, and changes in appetite. Female students were especially affected.

Most of the students surveyed used various coping strategies. Maintaining social connections, exercising, hobbies, and creative activities all helped improve their well-being. However, some resorted to less constructive methods, such as alcohol consumption, while a smaller number did not use any active coping strategies at all.

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#### What you can do to feel better

#### 1. Sleep like you deserve to!

Sleep isn’t just important for physical recovery, it’s also essential for your mood and cognitive functions. During exam periods, your sleep schedule often gets disrupted, so now is the time to get it back on track! Don’t rush to make up for lost time—first, give yourself permission to truly rest.

#### 2. Sort and declutter your mountain of notes!

The piles of notes stacked on your desk can constantly remind you of a stressful time. Put them away, organize what’s worth keeping, and don’t hesitate to get rid of the rest! This can also help symbolically close the semester and make space for something new.

Extra tip: Grab a book that has nothing to do with studying—something you enjoy reading just for fun. This helps your brain switch from study mode to relaxation.

#### 3. Celebrate your achievement!

Whether it went well or not, you got through the semester and that alone is an achievement worth celebrating. Treat yourself in some way, whether it is a delicious meal, a fun outing with friends, or simply doing something you have been wanting to do for months. Rewarding yourself isn’t selfish; it’s essential for mental recovery.

#### 4. Don’t dwell on your mistakes!

Experiencing a failed exam or uncertainty about your major is a normal part of university life. If things didn’t go as planned, give yourself some time. Starting over or changing direction is not a sign of weakness but a sign that you are intentional and self-aware.

### Summary

Post-exam blues is something we don’t talk about often, but many people go through it, especially those who take their studies seriously and put a lot of effort into their performance. If you’re not feeling the way you think you “should” right now, that’s perfectly normal. It takes time to emotionally adjust back to life before exams and to replace old routines with either the ones you had before or completely new ones. The most important thing is to listen to yourself and consciously find a balance between rest, recharging, and setting new goals.

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