

Exam Stress Useful Links

HOW TO TACKLE EXAM STRESS AND ANXIETY

[INFO ON EXAM STRESS - FOR 11-18 YEAR OLDS - MIND](#)

[EXAM TIPS FOR NEURODIVERGENT AND DISABLED STUDENTS - YOUNG MINDS](#)

[Y11 THERAPIST APPROVED STRATEGIES FOR MANAGING TEST ANXIETY, INCLUDING MAINTAINING SELF CARE ROUTINES](#)

[FIVE TIPS FOR COPING WITH TEST ANXIETY](#)

[CALM BALM](#)

[TEXT ANXIETY STRATEGIES FOR YOUNG PEOPLE](#)

[CONQUERING EXAM STRESS - LESSONS FROM OUR BODIES](#)

[FIVE TIPS TO HELP YOU RELIEVE STRESS IN THE RUN UP TO EXAMS](#)

[HOW TO REDUCE STRESS AND ANXIETY DURING EXAMS](#)

[MR G'S FIVE WELLBEING TIPS FOR EXAMS](#)