

# EXAM STRESS WORKSHOP

THIS WORKSHOP IS AIMED AT YOUNG PEOPLE WHO WILL BE TAKING THEIR SATS/MOCK EXAMS/GCSES/A-LEVELS THIS YEAR.

PARENTS/CARERS ARE ALSO WELCOME & ENCOURAGED TO ATTEND THE WORKSHOP WITH THEIR CHILD

## WHAT WILL I LEARN?

- *WHAT IS STRESS & ANXIETY?*
- *HOW THOUGHTS, FEELINGS & BEHAVIOURS IMPACT EACH OTHER*
- *STRATEGIES TO IMPROVE ANXIOUS THOUGHTS, FEELINGS & BEHAVIOURS*
- *GENERAL WELLBEING INCLUDING SLEEP & DIET*
- *PRACTICAL TIPS TO HELP DURING THE EXAM PERIOD*

## DATES AND TIMES

WEDNESDAY 22ND MARCH 2023 (6PM-8PM)

TUESDAY 11TH APRIL 2023 (10AM-12PM)

THURSDAY 27TH APRIL 2023 (6PM-8PM)

TUESDAY 9TH MAY 2023 (6PM-8PM)

## BOOK TICKETS NOW

<https://www.eventbrite.co.uk/o/childrens-wellbeing-practitioners-school-nursing-service-hertfordshire-33494371787>

*You will only need to request one ticket even if multiple people in your household will be attending the workshop*

Hosted by HCT Children's Wellbeing Practitioners

*Delivered virtually via Microsoft Teams*