

## HALCYON PODCAST SEASON 2 E08

### Exam Stress

#### A round table with three Year 11 students

Helping students manage the stress of exams is an important part of good mental health and well-being planning in school. It is best to start in year 7 upwards, with lessons on managing overwhelming feelings, understanding their triggers to stress, mindfulness and the importance of how to maintain good well-being.

Here is a list of organisations and resources that you may find useful:

#### Managing stress and anxiety - Autism UK

[www.autismwestmidlands.org.uk/wp-content/uploads/2017/12/Managing\\_stress\\_pwa.pdf](http://www.autismwestmidlands.org.uk/wp-content/uploads/2017/12/Managing_stress_pwa.pdf)

#### Young Minds

[youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/](http://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/)

#### Anxiety Canada

[www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/](http://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/)

#### Public Health England

[campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview#examstress](http://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview#examstress)

#### The Mix

[www.themix.org.uk/work-and-study/study-and-exam-tips/exams-and-the-pressure-to-do-well-23966.html](http://www.themix.org.uk/work-and-study/study-and-exam-tips/exams-and-the-pressure-to-do-well-23966.html)

#### TeachWire

[www.teachwire.net/news/8-ways-to-support-your-students-through-exam-stress](http://www.teachwire.net/news/8-ways-to-support-your-students-through-exam-stress)

If you need any further guidance or support please get in touch:

07528 338181

[anna@halcyon.education](mailto:anna@halcyon.education)

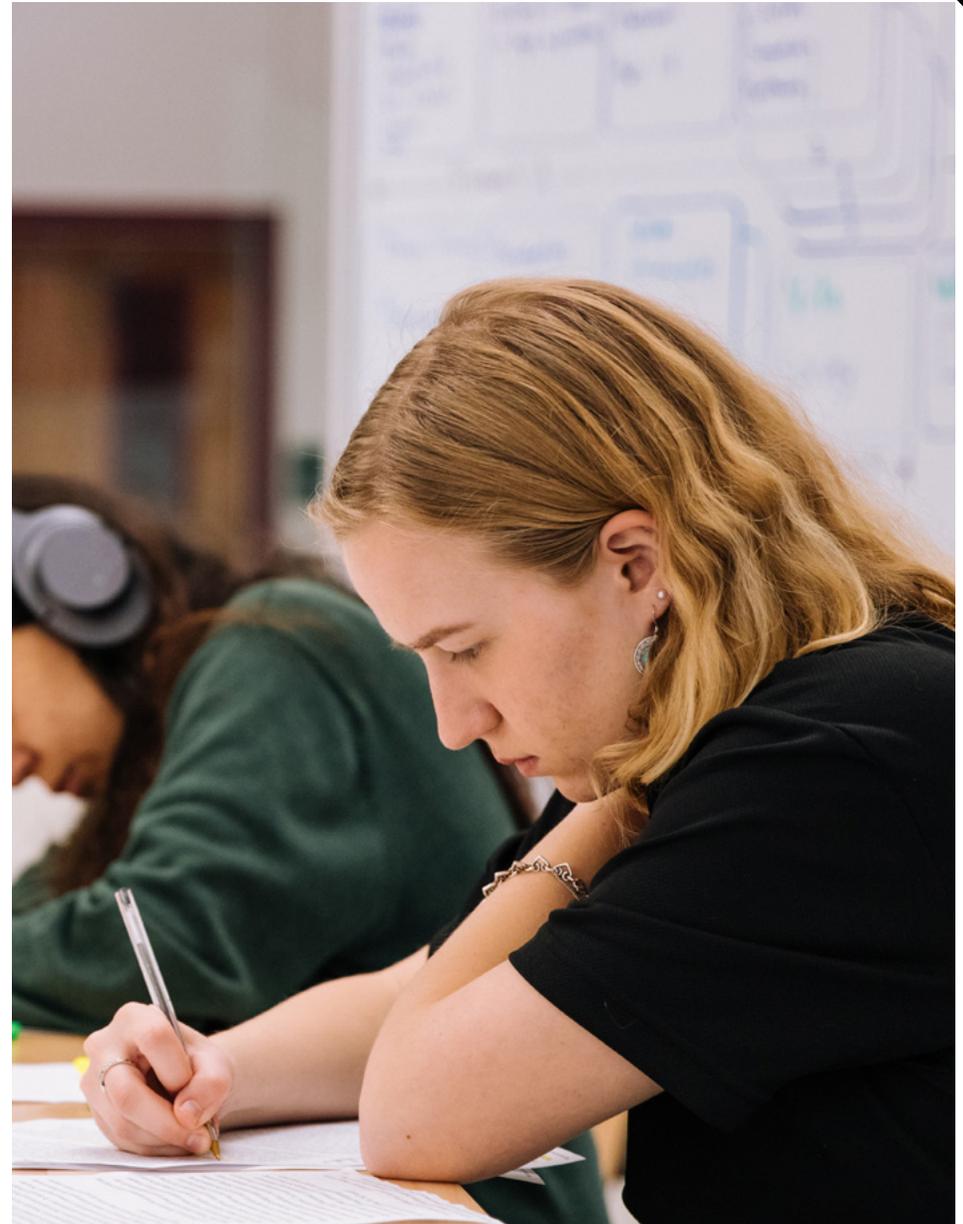


Photo: Jeswin Thomas