

Useful websites – coping with exam stress



Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress. Watch for signs of stress.

www.youngminds.org.uk

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

<http://www.studentminds.org.uk/examstress.html>

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

<http://www.bbc.co.uk/news/education-22311466>

<http://www.bbc.co.uk/education/highlights/curations/zpbdxfr>

