

Exam Worries Workshop



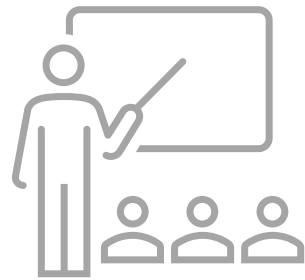
Who is this workshop for?

Young people who will be taking their GCSEs or who will be doing mock exams this year. It is also suitable for those in year 6 who may be taking their SATs.

Parents/carers are also welcomed and encouraged to attend the workshop with their child.

What will I learn?

- What is anxiety?
- How do our thoughts, feelings and behaviours impact one another?
- Strategies to improve anxious thoughts, feelings and behaviours
- General wellbeing including sleep and diet
- Practical tips to help during the exam period



Dates

All workshops are via MS Teams



Tuesday 19th April 2022

10am – 12pm

<https://www.eventbrite.co.uk/e/exam-worries-workshop-tickets-275618320817?aff=ebdsoporgprofile>



Monday 25th April 2022

6pm – 8pm

<https://www.eventbrite.co.uk/e/exam-worries-workshop-tickets-275627187337?aff=ebdsoporgprofile>



Thursday 12th May 2022

6pm-8pm

<https://www.eventbrite.co.uk/e/exam-worries-workshop-tickets-275628410997?aff=ebdsoporgprofile>



Tuesday 31st May 2022

10am-12pm

<https://www.eventbrite.co.uk/e/exam-worries-workshop-tickets-275694098767?aff=ebdsoporgprofile>



Hertfordshire Community
NHS Trust



Hertfordshire
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