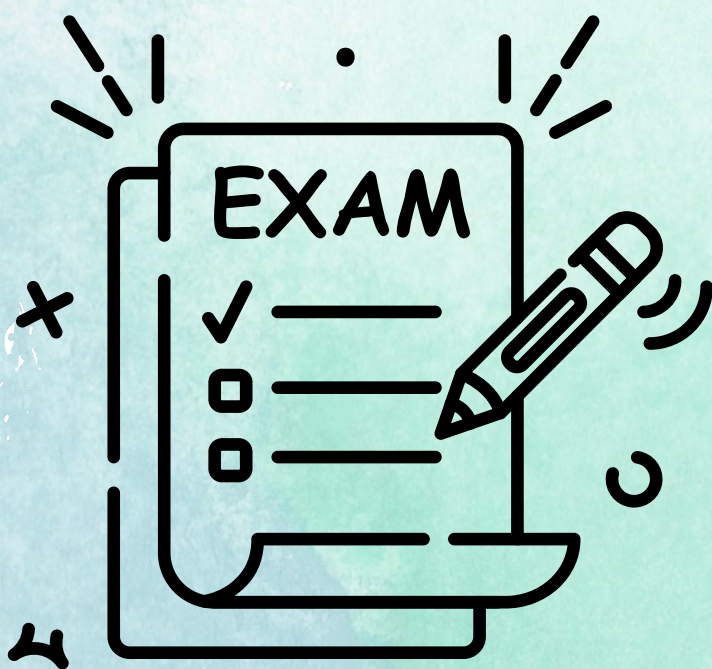


# Managing Exam Stress: Supporting Your Child to Cope and Thrive



## Mental Health Support Team (MHST) Workshop

### OBJECTIVES

- Understand the impact of exam stress on mental health.
- Learn strategies to support healthy revision habits.
- Explore ways to reduce pressure while maintaining motivation.

### TAKEAWAYS

- Some stress motivates; too much stress harms performance.
- Balance breaks, sleep, nutrition, and encouragement are essential.
- Parental reassurance matters more than grades.

March  
18th



12-1:30pm or  
7-8:30pm

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