





## Exam stress pop ups – further guidance from slides


### Further guidance and support...




[Exam stress | Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#) 


<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/> 


<https://d1uw1dikbnh8j.cloudfront.net/media/15030/my-self-care-plan-secondary.pdf> 

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

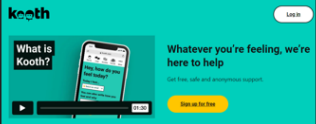
<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/> 

### Websites & apps




[www.teenhealth.org.uk](http://www.teenhealth.org.uk) 


<https://www.kooth.com/>



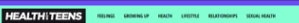
<https://stem4.org.uk/>




<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>



<https://www.healthforteens.co.uk/feelings/exam-stress/>



**EXAM STRESS**



Clear Fear is a free app to help children and young people manage symptoms of anxiety.