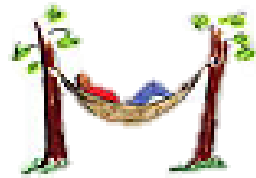


# YOUR WELLBEING

## Give yourself a break

Schedule regular breaks in your routine so you're not overwhelmed by the workload.



## Stay Active

Going for regular walks or working out is the perfect escape from your daily study routine & an effective stress buster!

## Write it down

Avoid keeping a mental note of everything that needs to be completed, make a list and work your way through it, improves your organisation.



## Check-in with each other

During half term check in with friends and family to see how they're doing and catch up!

## Find your motivation

Remind yourself what you're working for & remember exam stress is temporary and won't last forever, adapt a positive mind-set



## Create a routine

Plan your half-term, allocate time enough time for each subject as well as giving yourself

## NHS Talking Therapies

Monthly online courses providing support around managing:

- Stress
- Thoughts & Worries
- Low Mood
- Building Resilience

**Talking Therapies** **Following Health** **NHS** **Berkshire Healthcare** **NHS Foundation Trust**

# Stress LESS

Are you aged between 17-25?  
Are you feeling low, anxious or stressed?  
Our free NHS sessions can help you learn strategies to improve your mood!

Facilitated by our qualified therapists our 4 **Stress Less videos** will share tips and techniques to help you:

- Understand feelings & stress
- Manage thoughts and worry
- Build resilience
- And manage low mood

**Sign up today!**

Sign up today and begin watching the sessions in the comfort of your own home.

To find out more and sign up to the Stress Less programme:  
<https://talkingtherapies.berkshirehealthcare.nhs.uk/17-25-stress-less-workshops/>  
0300 365 2000 and quote 'Stress Less'