

Managing Academic Stress

Webinars for Y10-Y13 students

This one hour session covers:

The impact of stress on wellbeing and study habits

What to do about negative thoughts around exams

Practical strategies to stay motivated and manage the panic in exams

Top tips to tackle the study traps of procrastination and perfectionism

Ways of maintaining a healthy balance of activities during revision and exams



Bromley Y practitioners host this free session via Microsoft Teams.

Healthy Study Habits

Thurs 26th Jan @ 4:30pm
Wed 15th Feb @ 2pm
Tues 14th Mar @ 4:30pm
Thurs 6th Apr @ 11am



Dealing With Exam Stress

Weds 19th April @ 4:30pm
Tues 9th May @ 4:30pm
Special sessions for those about to sit external exams around managing anxious thoughts and feelings

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).



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