

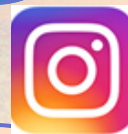


**WELLBEING  
IN MIND TEAM**

## **PARENT/ CARER SESSION ON MANAGING EXAM STRESS.**

## **ALSO SUITABLE FOR STUDENTS**

**THE WELLBEING IN MIND  
TEAM WORK IN SCHOOLS TO  
SUPPORT STUDENTS TO  
IMPROVE THEIR MENTAL  
HEALTH & WELLBEING**



**@wellbeinginmind.mhst**

**Wednesday 22nd November 2023  
6pm until 7pm via MS Teams.**

**What is Stress and what does it look like?  
What contributes to Stress?  
How can we prepare for exams?  
How can we cope with exams?**

If you have any questions and to confirm whether you will be attending the online session then please contact Sam Holmes on [tewv.wimthamandrich@nhs.net](mailto:tewv.wimthamandrich@nhs.net)

