

Download File PDF Exam Anxiety Articles

#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

#Hun Tsu



wtf this great ebook for free?!

#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

TOP TIPS TO TACKLE EXAM STRESS

FROM 2012 TO 2014 THERE WAS A **200% INCREASE** IN CHILDLINE COUNSELLING SESSIONS ABOUT **EXAM STRESS**

HAVE AN EXAM COMING UP? DON'T PANIC!
FOLLOW OUR SIMPLE TIPS TO COMBAT EXAM STRESS

- 1. BREATHE**
Breathe in for the count of four, then out for the count of four. Repeat.
- 2. WALK**
Exercise relieves stress, and a change in environment encourages creativity.
- 3. BREAK**
Every **45 minutes** take a study break to stay fresh and avoid burnout.

HOW CAN HYPNOTHERAPY HELP?
Hypnosis will put you into a state of deep relaxation so your subconscious becomes open to positive suggestions. These suggestions can help to strengthen your memory and boost confidence. A hypnotherapist can even teach you self-hypnosis to use before the exam to calm your nerves.

USE HYPNOTHERAPY DIRECTORY TO FIND A HYPNOTHERAPIST WHO CAN HELP WITH EXAM STRESS TODAY.

Hypnotherapy Directory Connecting you with trusted support
www.hypnotherapy-directory.org.uk

[Download PDF version of :](#)
Exam Anxiety Articles