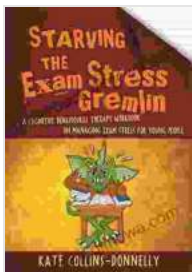


Take Control of Exam Stress: Empowering Young Minds with the Cognitive Behavioural Therapy Workbook

For many young people, exams can be a significant source of stress and anxiety. This can have a negative impact on their academic performance, mental health, and overall well-being. The Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People provides a structured and evidence-based approach to help young people understand and manage their exam-related stress.

Understanding Exam Stress

Exam stress is a common experience for young people. It can be caused by a variety of factors, including:



Starving the Exam Stress Gremlin: A Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People (Gremlin and Thief CBT Workbooks 12) by Kate Collins-Donnelly

★★★★☆ 4.4 out of 5

Language : English
File size : 12187 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 163 pages

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* Fear of failure * Pressure to succeed * Lack of preparation * Time constraints * Competition with peers

Exam stress can manifest in a variety of ways, including:

* Physical symptoms (e.g., headaches, stomachaches, difficulty sleeping) * Emotional symptoms (e.g., anxiety, irritability, mood swings) * Cognitive symptoms (e.g., difficulty concentrating, memory problems) * Behavioural symptoms (e.g., avoidance of studying, procrastination)

Cognitive Behavioural Therapy (CBT)

CBT is a type of therapy that focuses on the relationship between thoughts, feelings, and behaviours. It is based on the idea that our thoughts can influence our feelings and behaviours, and that by changing our thoughts, we can change our feelings and behaviours.

CBT has been shown to be effective in reducing exam stress in young people. It can help young people to:

* Identify and challenge negative thoughts about exams * Develop more positive and realistic thoughts about exams * Learn relaxation techniques to manage stress * Develop problem-solving skills to deal with exam-related challenges

The Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People

The Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People is a self-help book that provides young people with a step-by-step guide to CBT. The workbook includes:

* Information about exam stress and its causes * Exercises to help young people identify and challenge negative thoughts * Relaxation techniques * Problem-solving strategies * Goal-setting exercises * A progress tracker

The workbook is designed to be used by young people on their own or with the help of a therapist. It is appropriate for young people aged 12 and up.

Benefits of Using the Workbook

The Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People can provide a number of benefits for young people, including:

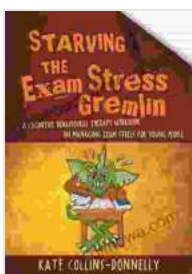
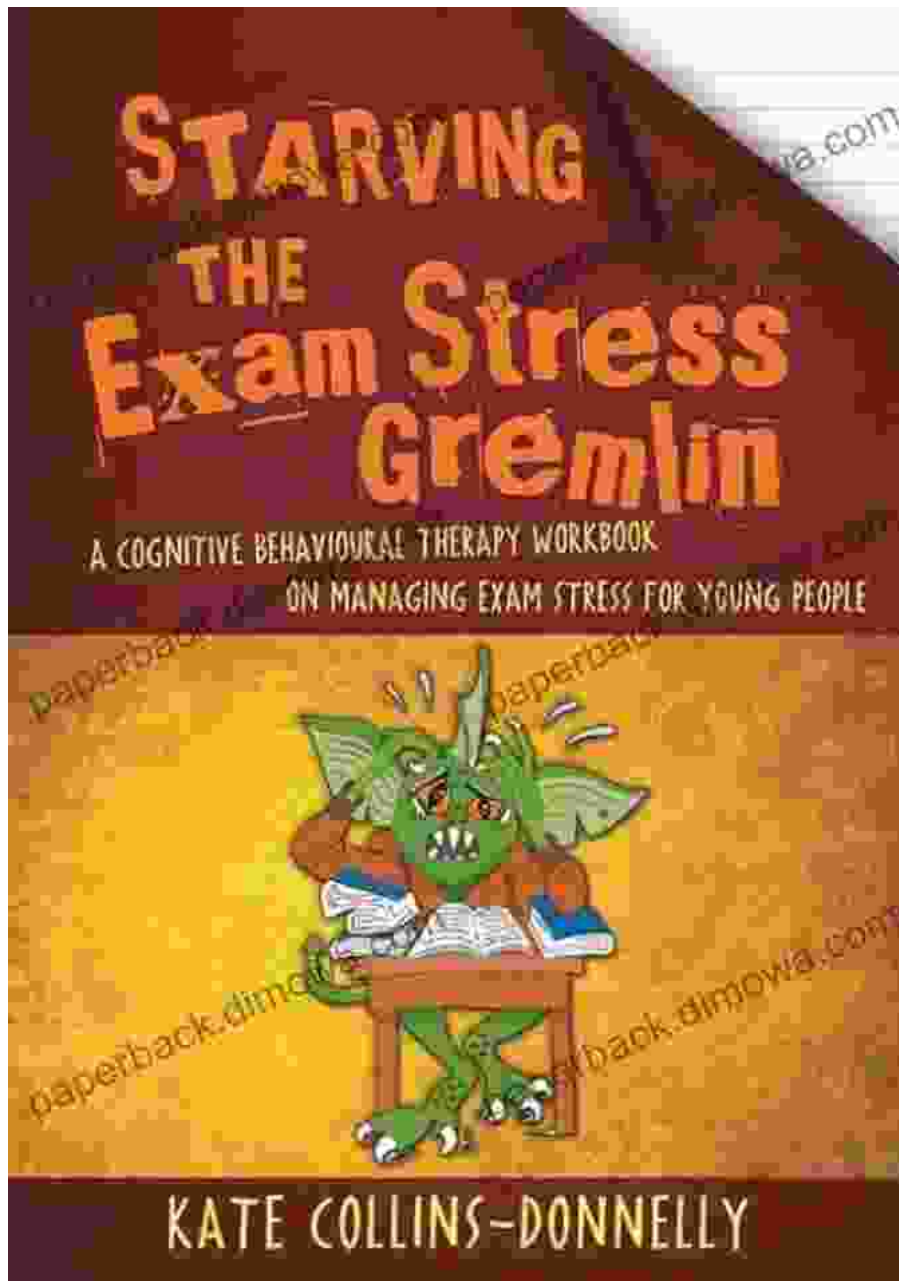
* Reduced exam stress and anxiety * Improved academic performance * Enhanced mental health and well-being * Increased self-confidence * Improved problem-solving skills * Greater resilience

The Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People is a valuable resource for young people who are struggling with exam stress. It provides a structured and evidence-based approach to help young people understand and manage their exam-related stress. The workbook can help young people to improve their academic performance, mental health, and overall well-being.

Free Download Your Copy Today

The Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People is available now. Free Download your copy today and help your young person take control of their exam stress.

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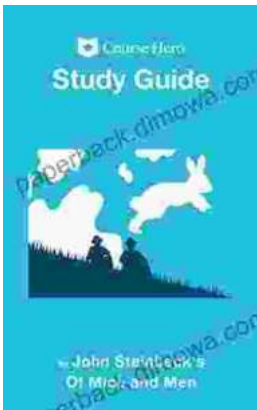
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