

# 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

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