



# Exam stress workshops

**Exam stress can have a significant impact on your mental wellbeing, affecting your sleep, concentration and confidence. It can leave you feeling overwhelmed, anxious and alone in your struggles. Our exam stress workshops have been specially designed to help you manage these feelings, understand the causes of your stress, and develop practical coping strategies to support you now and in the future.**

The course will be delivered in a group setting, using a cognitive behavioural therapy (CBT)-informed approach. CBT is a proven, research-backed method that focuses on changing unhelpful thought patterns and behaviours. Our exam stress workshops will support you to reframe negative thoughts about exams and performance, reducing feelings of anxiety and self-doubt.

Our 2-week programme is open to students over the age of 18, who are currently struggling with exam stress and are looking to improve their coping mechanisms during exam periods. During the workshops, you'll gain short-term relief from anxiety while building long-term coping skills and mental resilience, through CBT-based strategies tailored to managing exam stress.

## Overview

A highly supportive group experience focusing on:

- + Improved stress management
- + Building lifelong coping skills
- + Challenging negative thinking
- + Social support
- + Better exam preparation
- + Increased self-efficacy
- + Creating positive behavioural changes





## The power of the group

The exam stress workshops take place with a wider group of students, who are all experiencing similar challenges.

Throughout the workshops, you'll be encouraged to share your experiences and learn from others in a supportive, safe and trusting environment. This experience will help you to develop greater self-awareness and understanding of your own personal challenges.

It's normal to find the thought of group sessions to be quite daunting. However, we'll ensure that you're given enough time to get to know your peers and hear their experiences, allowing you to build a level of trust. Participation in our group sessions often helps people to realise that they're not alone and this experience develops a sense of strength, closeness and support between group members.



## Timetable

Commencing on 1 May, the workshops will be delivered over 2 weeks, with two 1-hour sessions each week, held on weekdays from 5.30pm to 6.30pm. Prior to starting the group workshops, you'll also receive a 30-minute one-to-one session with a Priory therapist, to discuss your individual needs and goals. The workshops will take place online via Zoom.

- + **Workshop 1:** Psychoeducation on anxiety and stress
- + **Workshop 2:** Grounding techniques
- + **Workshop 3:** Worry management
- + **Workshop 4:** Relapse prevention and endings

Please note that anyone with a severe psychiatric disorder, a risk of suicide or significant substance misuse, will not be able to enter the exam stress workshops. Please contact us if you would like to discuss alternative support.

## Our specialists

Our specialists can help you manage stress and anxiety, improve your quality of life and connect with others who understand what you're going through.

The workshops are facilitated by our highly qualified therapists, all of whom have extensive experience working with individuals with exam stress.

We use evidence-based techniques to help you challenge your thoughts and behaviours, and regain control of your life.

In our supportive and confidential group sessions, we'll support you to develop practical skills and strategies to manage your exam stress, improve your wellbeing and develop lifelong coping skills. You'll also have the opportunity to share your experiences, receive feedback, and connect with others who share your journey.

## Further information and pricing

Our exam stress workshops cost £195 in total and are available to people who are self-paying.

For more information, please contact us on **0800 840 3219** or by emailing **info@priorygroup.com**.

For the most up to date information on our services, please visit our website.