

Are you struggling to study or do you feel overwhelmed about the amount of work you have to do?

Do you get anxious with just the mention of the word exam?

Do you find it hard to know where to start when revising?



Many people suffer from fear of exams or revision. They may feel stress, anxiety and have many negative thoughts (about themselves and the world around them) and don't know where to turn or understand why they are thinking or behaving in a particular way. They may also have struggled with their current study technique and picked up a few bad habits along the way.

IS THIS YOU?

Our Study Smart 7 day programme will help you understand how your thoughts impact your feelings and behaviours. It also provides many tools and techniques to help you get the most out of revision and manage exam stress and take control of your thinking patterns.

STUDY SMART!

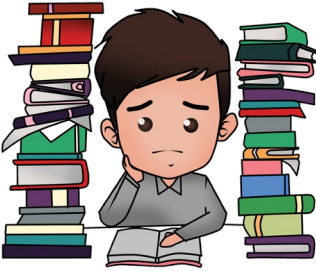
Do you want to find out more? Take a look at the programme detail on www.yourwellbeinguk.com or drop us a line jo@yourwellbeinguk.com.



Your Wellbeing UK

STUDY SMART!

Study Smart is a tailored remote programme which you can do in your own time, at your own pace and in your own space. We will send out daily email which will include instructions for that day. We ask that you put between 1 and 2 hours a day aside to get the most from the programme.



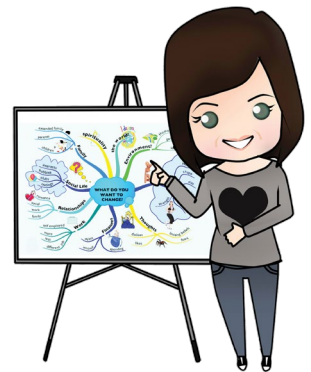
Stress, anxiety and lack of concentration are extremely common and affect many people leading up to exam time or during revision. The symptoms vary significantly from person to person. Many people can experience a lack of or no confidence, difficulty concentrating, getting wound up, harbouring negative thoughts, physical pain (breathlessness, tension, heart palpitations, sickness, muscle pain) amongst other symptoms. Some people recover naturally or just push through it and some people need a little extra support.

Study Smart will give you that extra support, and more.



Study Smart not only helps remove unwanted and unhelpful emotions the programme also provides you with many tools and techniques to enable you to study smarter.

You will be responsible for the actions that we set; you will be in full control. Together we will generate rewarding insights. You will develop your self-awareness, change any limiting beliefs and create new productive behaviour. All of this will have a positive impact on how you approach studying and on your emotions so that you can take control.



There will be continued support after the programme. We will organise a booster session a few months after you complete the programme to make sure you are still on track.

DO YOU HAVE ANY MORE QUESTIONS?

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