

## Workshop

### Less Stress Guide to Exams

07/05/2026 17:00—18:00pm

\*Workshop  
timings  
change from  
term to

Are you currently experiencing **difficulties with exam stress**? Would you like to learn more about **what anxiety is** and **how to best to prepare for exams**?

You are invited to a workshop **exam stress**. It will help you to understand **what causes anxiety**. We will also discuss **techniques that you can use** to overcome anxiety for exams and coursework.

If you would like to join, please **ctrl + click link below or by entering the Meeting ID and Passcode within Teams**:

[Less Stress Guide to Exams](#) | [Meeting-Join](#) | [Microsoft Teams](#)

You do not need an account to join. You will need access to the internet. If you have any questions, please speak with your school. If you require materials in another language or have any other access needs then please email:

[EWTandESTenquiries@nelft.nhs.uk](mailto:EWTandESTenquiries@nelft.nhs.uk)

We look forward to meeting you



EMOTIONAL WELLBEING TEAM KENT  
EMOTIONAL SUPPORT TEAM  
MEDWAY