



BROMLEY Y
Building Strengths

Managing Academic Stress: Developing Healthy Study Habits

for young people in Years 10 - 13

This one hour session covers:

The impact of stress on wellbeing and study habits

What stress actually is and its link with anxiety

Practical strategies to create healthy study habits

Top tips to tackle the study traps of procrastination and perfectionism



Ways of maintaining a healthy balance of activities during revision and exams

Bromley Y practitioners host this free session via Microsoft Teams.



Dates can be found on Eventbrite by scanning the QR code or clicking on the link below.



To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).



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