

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



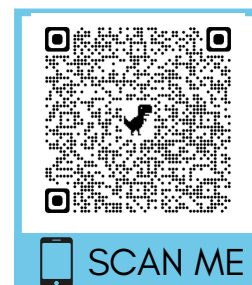
Ways of
maintaining a
healthy balance
of activities
during revision
and exams

Bromley Y practitioners host this free session via Microsoft Teams.

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



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



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



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