

Self Help Resources – Useful sites & Information

Relaxation / Stress Management

Have you looked at our list of **Apps**?

Managing Stress – Brainsmart – BBC – A YouTube video.

www.youtube.com/watch?v=hnpQrMqDogE

5 Ways to Manage Student Stress – Information on potential causes of student stress and how to cope if stress is affecting your mental wellbeing.

www.prospects.ac.uk/applying-for-university/university-life/5-ways-to-manage-student-stress

Relaxation Exercises – Guided relaxation techniques to help you focus, regain energy and reduce stress, including techniques for getting to sleep.

www.uhs.wisc.edu/wellness/relaxation/

Stress Management Techniques for Student

www.supportrealteachers.org/stress-management-techniques-for-students.html

90:10 The Single Most Important Thing You Can Do For Your Stress – A YouTube video explaining how changing the way you think can reduce stress.

www.youtube.com/watch?v=l6402QJp52M

Last updated: Sept 2018