

# Webinars to support your mental health

## How to manage exam stress

Stress levels can be higher than usual around exam time. A bit of stress can help you to stay motivated but too much can be unhelpful. This webinar will help you to find the best ways to manage your stress levels and stay calm before, during and after your exams.



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## How to manage my low mood

We all experience low mood in different ways. It can not only impact upon how you feel but it can also affect how you live your life day to day, including your relationships, eating and sleeping patterns, concentration and school/college work. It can lead to feelings of hopelessness and stop you from enjoying the things you normally would. This webinar will help you to understand what low mood is, help you to spot the signs of low mood and support you to look after yourself by using self-care strategies.



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## How to manage my anxiety

Anxiety is a normal part of life and can affect anyone. A bit of anxiety from time to time is normal, it can help with motivation at school/college, sport or work. However, if anxious feelings don't go away, they can interfere with our ability to concentrate, socialise with friends and generally enjoy life. This webinar will help you to recognise the signs of anxiety and understand how anxiety impacts on our thoughts, feelings and behaviours. The webinar will also support you to reduce and manage anxious feelings by using self-care strategies.