

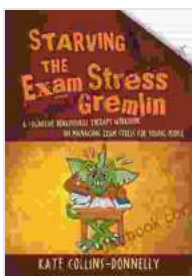
# Cognitive Behavioural Therapy Workbook On Managing Exam Stress For Young People

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Exam stress is a common problem for young people. It can lead to a variety of symptoms, including anxiety, irritability, difficulty concentrating, and sleep problems. In severe cases, exam stress can even lead to physical health problems, such as headaches and stomachaches.

Cognitive behavioural therapy (CBT) is a type of therapy that can help young people manage their exam stress. CBT is based on the idea that our thoughts, feelings, and behaviors are all interconnected. By changing our thoughts and behaviors, we can change our feelings.

This CBT workbook is designed to help young people understand and manage their exam stress. It includes helpful strategies and exercises to help them cope with the pressure and anxiety that comes with exams.



## Starving the Exam Stress Gremlin: A Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People (Gremlin and Thief CBT Workbooks 12) by Kate Collins-Donnelly

★★★★☆ 4.4 out of 5

Language : English  
File size : 12187 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 163 pages



## **What is CBT?**

CBT is a type of therapy that focuses on the relationship between thoughts, feelings, and behaviors. CBT therapists believe that our thoughts, feelings, and behaviors are all interconnected, and that by changing one, we can change the others.

CBT is often used to treat a variety of mental health problems, including anxiety, depression, and eating disorders. It can also be used to help people manage stress, improve their relationships, and achieve their goals.

## **How CBT Can Help with Exam Stress**

CBT can help young people manage their exam stress by teaching them how to:

- Identify their negative thoughts and beliefs about exams
- Challenge these negative thoughts and beliefs
- Develop more positive and realistic thoughts about exams
- Develop coping mechanisms for dealing with exam stress

## **This CBT Workbook**

This CBT workbook is designed to help young people learn the skills they need to manage their exam stress. The workbook includes:

- A step-by-step guide to CBT
- Worksheets to help you identify your negative thoughts and beliefs about exams
- Exercises to help you challenge your negative thoughts and beliefs
- Coping mechanisms for dealing with exam stress
- Tips for parents and teachers on how to support young people with exam stress

## **Using This Workbook**

This workbook is designed to be used with the help of a therapist. However, you can also use it on your own.

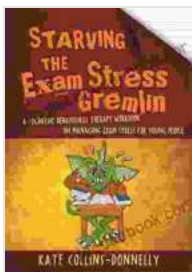
To get the most out of this workbook, it is important to:

- Be honest with yourself about your thoughts and feelings
- Be willing to challenge your negative thoughts and beliefs
- Practice the coping mechanisms and strategies in the workbook
- Be patient and persistent

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Exam stress is a common problem for young people. However, it is a problem that can be managed. With the help of CBT, young people can

learn the skills they need to cope with exam stress and achieve their academic goals.



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