

# The Prescott School



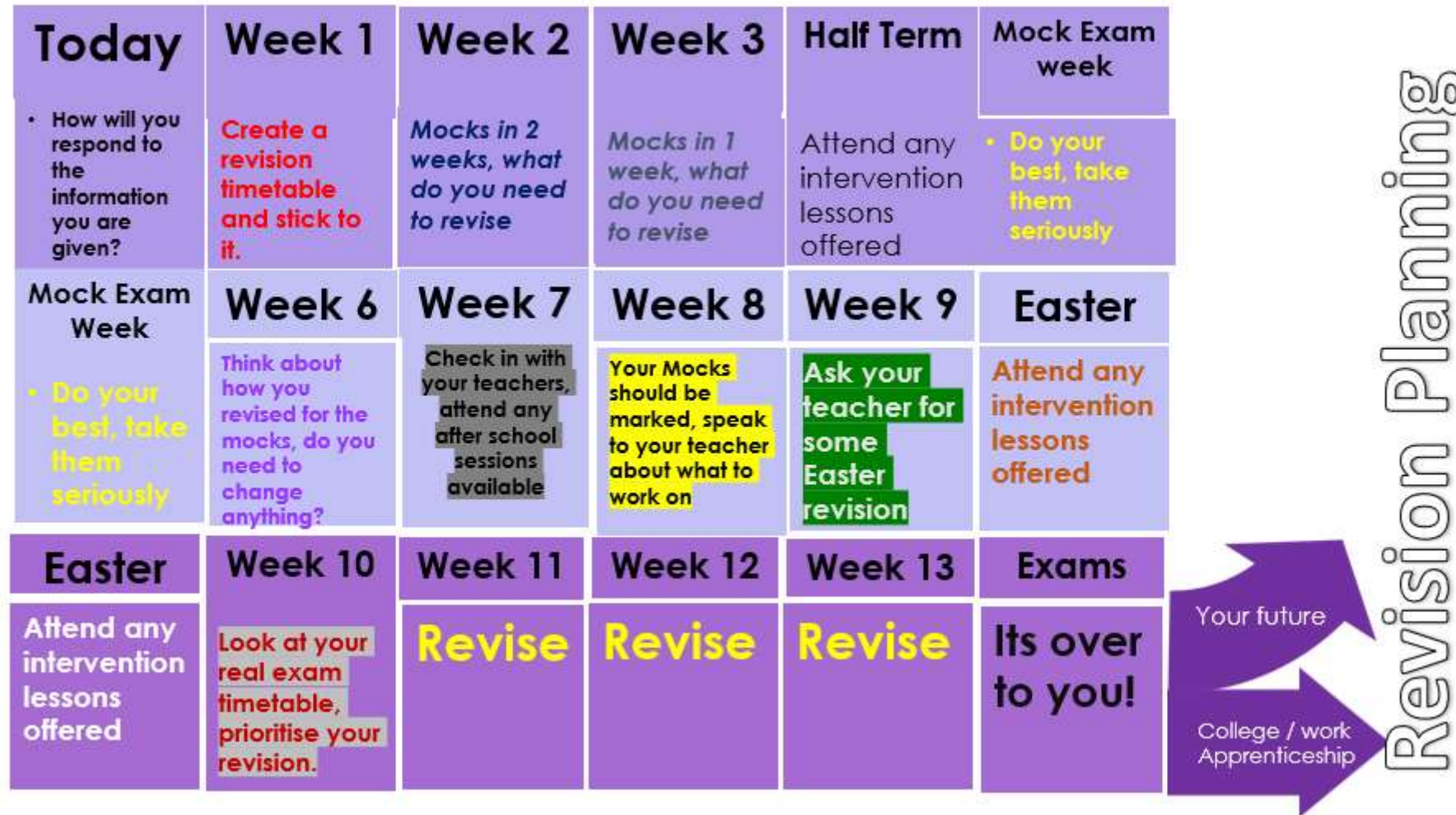
Achieving Your Goals  
Make this time matter

*Ambition*

*Integrity*

*Appreciation*

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## Exams can be stressful

- We want you to succeed and we know how stressful exams can be.
- If you are prepared and you revise, the exams will be less stressful.
- If you are worried, talk to someone, a friend, your form tutor, Head of Year, class teacher or school mentor.

### WHAT IS STRESS?

#ADDRESS YOUR STRESS



Stress is the body's response when it senses danger. We all experience stress and need it to function.

But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.



If unaddressed, stress can cause mental health issues like depression or anxiety and harm our physical health.

1 in 6 British workers will experience depression, anxiety or stress-related issues.



There are simple steps you can take to #AddressYourStress. Check out our resources at [mhfaengland.org](http://mhfaengland.org)



### STRESS MANAGEMENT IN YOUR LIFE



- Think about stress management.
- Make time to relax
- Exercise
- Be sociable

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