

## 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](http://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](http://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/](http://www.uhs.wisc.edu/wellness/relaxation/)

**Stress Management Techniques for Student**

[www.supportrealteachers.org/stress-management-techniques-for-students.html](http://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](http://www.youtube.com/watch?v=l6402QJp52M)

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