



# Starving the Exam Stress Gremlin: A Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People

*Kate Collins-Donnelly*

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## **Starving the Exam Stress Gremlin: A Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People** Kate Collins-Donnelly

Stressed out by exams? Then the exam stress gremlin is in town! Exam fears and worries are his favourite foods, and the more of these you feed him, the bigger he gets and the more stressed you become. But he can be stopped! Starve him of stress-related thoughts, feelings and behaviours and feel him and your stress fade away!

Part of the award-winning Starve the Gremlin series and full of engaging activities, this self-help workbook explains what exam stress is, how it develops and the impact it can have - providing the reader with an understanding of their own exam stress. Rooted in cognitive behavioural therapy, it is also bursting with strategies to help the reader manage their exam stress by changing how they think and act.

*Starving the Exam Stress Gremlin* can be completed independently by young people aged 10+ or with supervision, and with exam stress on the rise among our young people, this invaluable resource will also be of interest to school counsellors, teaching staff, youth workers and social workers and parents.

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