



headspace
National Youth Mental Health Foundation

STRESS-LESS

a free course to students

The program is designed to help students in years 11 and 12 to handle the stress of exams, school work and their daily lives. It provides useful tools to help students to achieve their potential without the stress.

The program concentrates on three broad areas:

Self care

- Handling stress and anxiety
- Maintaining a healthy head space
- Relaxation techniques

Organisational skills

- Using your time effectively
- How to read textbooks
- Setting up a good study environment

Study and exam techniques

- Your learning styles
- Improving your memory
- Preparing for exams
- Useful note taking



When

Thursdays 3.30pm - 5.00pm (10 sessions)

Where

headspace - 130 Havannah Street

Starting

Thursday 23rd February

For any enquiries, please contact Amanda on 6338 1100





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