

Stress & anxiety

[Stress - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/health/0,7113,12244,rsid=3196266,00.html)

[10 stress busters - NHS \(www.nhs.uk\)](https://www.nhs.uk/health/0,7113,12244,rsid=3196266,00.html)

[How to manage and reduce stress | Mental Health Foundation](https://www.mentalhealthfoundation.org.uk/mental-health-topics/stress/)

[Work and stress - Mind](https://www.mind.org.uk/about-mind/work-and-stress/)

[Anxiety UK's top tips for managing exam stress - Anxiety UK](https://www.anxietyuk.org.uk/mentalhealth/mentalhealth-topics/stress/)