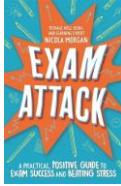
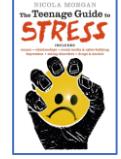
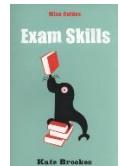


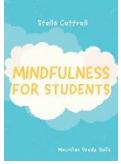
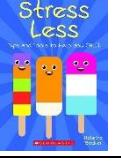
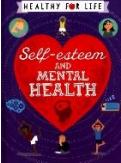
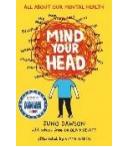
PHSE Book List: Exam Stress

Fanshawe Learning Resource Centre: April 2021.

Image	Key Stage	Author	Title	Media	Class and Location
	KS4/5	Morgan, N.	Exam Attack <i>Exam Attack</i> covers a huge range of learning techniques. Includes advice on food (and how to cope when you lose your appetite), sleep, panic, revision, getting help, managing screens and social media. And there's up-to-date advice on note-taking and learning. One of the core principles in this book is that our mental and physical health, or 'wellbeing', affects how we perform. It isn't a luxury or optional extra: it affects every aspect of life. Rest, relaxation and taking time-out from revision can actually help you to learn and perform more effectively. The sensible, achievable suggestions throughout include current advice on revision techniques; positive attitudes to work and achieving the right mindset; self-belief and self-esteem; dealing with distractions and procrastination, such as how to push yourself when you're really not feeling up to it; and how to let go of your phone and regulate social media use.	Paperback	E02 Upper School Shelf Help
	KS3	Head, H.	Overcoming Fear of Failure Lots of people suffer from a fear of failure. It is one of the biggest causes of anxiety and stress for school students. Fear of failure can make us afraid to try new things. For some it means that they have to come first at everything they do. For many fear of failure is linked with low self-esteem. It can make people feel inadequate and ruin their self-confidence. This book explores why we fear failure and how we can overcome it - from understanding that making mistakes isn't always bad to breaking out of our comfort zones. It is part of the series My Life, Your Life, which takes a sensitive and positive look at some of the issues that concern children aged 10+. Each title also provides advice in the form of practical ways to cope with distressing or difficult situations.	Paperback	616 Shelf Help
	KS4/5	Morgan, N.	The Teenage Guide To Stress The Teenage Guide to Stress - written for teenagers but essential for adults who want to understand - tackles all the external stresses that teenagers face, including feelings of anger, sadness (and depression), fear and failure; issues caused by changing bodies, body hatred, weight problems, eating disorders and self-harm; pressures of exams and schoolwork; sleep problems; changing relationships with friends and family; boyfriend/girlfriend issues and sexual pressures; bullying and cyber-bullying; problems arising from the internet; and looks at how pre-existing conditions such as OCD and dyslexia may be affected by adolescence. As well as a sympathetic, practical and positive look at all those stresses, The Teenage Guide to Stress clearly explains the biology behind stress and, crucially, a huge range of strategies and suggestions to deal with it and prevent negative symptoms. A list of useful resources completes this fantastically wide-ranging, reassuring, eye-opening and comprehensive guide for young people, empowering them to take control of their mental health.	Paperback	616 Upper School Shelf Help
	KS3/4/5	Brookes, K.	Exam Skills School life, now more than ever, can seem like an endless stream of examinations, tests and assessments. Wise Guides: Exam Skills is the key to staying stress-free during the exam and revision period. This helpful guide tackles the subject of exams head-on with advice on how to compile a revision plan; identify the best ways to revise; find the best time and place for revision and how to stay calm during the exam itself. Full of practical advice this book is essential for every young person who has to cope with exam pressure.	Paperback	E02 Library

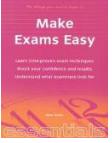
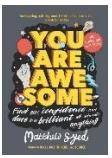
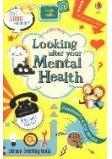
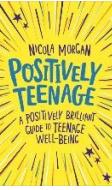
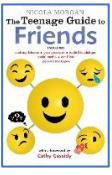
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Fanshawe Learning Resource Centre: April 2021.

Image	Key Stage	Author	Title	Media	Class and Location
	KS4/4	Cottrell, S.	Mindfulness For Students Using a unique combination of mindfulness-based techniques and study skills, this book shows students how to apply mindfulness to their studies and everyday life in simple, practical steps. It introduces a wealth of tools and techniques that can be applied to specific study contexts, such as listening in lectures, completing assignments and preparing for exams, and shows readers how mindfulness can help them to manage the stresses of student life more effectively. Chapters are rich in guided activities, meditations, observations and reflections, and full of engaging illustrations. This hands-on guide to mindfulness is a must-read for students of all disciplines and backgrounds who are looking to bring a sense of calm to their lives and give their studying technique a boost.	Paperback	HE04 Careers Corner
	KS3/4	Williamson, A.	How Not To Lose It: Mental Health Sorted The go-to mental health guide for kids! Exam stress? Friendship issues? Panic attacks? How Not to Lose It will help you be the boss of all of this, and more. It's not just your body that should be fit and healthy - your mind needs to be, too! How Not to Lose It is the go-to guide for achieving a balanced mind and strong emotional well-being. With immediate, heart of the matter advice and a chatty yet honest tone, Anna Williamson addresses all of the key issues affecting children today. Topics covered: anxiety depression stress friendship bullying relationships and sex family life and bereavement phobias peer pressure self-harm self-esteem and confidence.	Paperback	613 Shelf Help
	KS3	Becker, H.	Stress Less: Tips and Tools to Help you Chill Simple yet effective ways to beat the stress of modern life. Scientifically proven ideas presented in a fun, breezy style. Physical, emotional, social and creative stress-busters. An entertaining book to dip in and out of at any time.	Paperback	616 Shelf Help
	KS3	Claybourne, A.	Self-Esteem and Mental Health Growing up isn't always easy - your brain is changing and there's many things to cope with from new emotions to stress. This book explores what is self-esteem and mental health and why it's important and looks at topics such as mental illness, phobias, eating disorders and self-harm. It looks at techniques to deal with issues including stress reduction, mindfulness and assertiveness. This book is part of the series Healthy for Life , which gives factual information on a range of health issues so teens can get the information they need to be healthy. The books feature fun infographic style illustrations.	Hardback	613 Shelf Help
	KS3/4	Dawson, J.	Mind Your Head This is an important book about something that affects everybody - your own mental health, covering everything from exam stress and anxiety through to self-harm, eating disorders, and more. James Dawson's view is that your mental health is just as important as your physical health and that we should be able to talk about it just as much as our own physical health, and without embarrassment. With advice from trained clinical psychologist Dr Olivia Hewitt, this book is the must-have book for teens about their own mental health. It also includes interviews with real-life experiences.	Paperback	616 Shelf Help

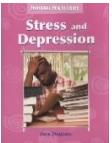
PHSE Book List: Exam Stress

Fanshawe Learning Resource Centre: April 2021.

Image	Key Stage	Author	Title	Media	Class and Location
	KS4/5	Evans, M.	Make Exams Easy This text provides advice on achieving success in exams and covers a set of critical tools, techniques and approaches which aim to boost skills and confidence. The book offers guidance on key preparation, planning and revision methods which can be applied.	Paperback	E02 Library
	KS3/4	Syed, M.	You Are Awesome: Find Your Confidence and Dare to Be Brilliant At (almost) Anything This positive and empowering guide, by bestselling mindset author Matthew Syed, will help boys and girls build resilience, fulfil their potential and become successful, happy, awesome adults.	Paperback	613 Shelf Help
	KS3	James, A.	Looking After Your Mental Health We talk about our physical health - but not so much about how we're feeling. With lots of practical advice, this lively, accessible guide explains why we have emotions, and what can influence them. Covering everything from friendships, social media and bullying to divorce, depression and eating disorders, this is an essential book for young people.	Paperback	616 Shelf Help
	KS4/5	Morgan, N.	Positively Teenage: A Positively Brilliant Guide To Teenage Well-being Advice on how to approach your teenage years with positivity and optimism. Positively Teenage gives you tools to approach your teenage years with optimism and understanding and to develop real wellbeing for life. Full of practical, proven strategies for physical and mental health, Positively Teenage will show you lots of ways to flourish physically and mentally - from doing things you enjoy to learning new skills; looking after your diet, exercise and attitude to being healthy online; getting great sleep to understanding your personality - allowing you to take control of many areas of your life.	Paperback	616 Upper School Shelf Help
	305.2	Morgan, N.	The Teenage Guide to Friends The Teenage Guide to Friends - written for teenagers but essential for adults who want to understand - tackles the all-important subject of teen friendships. Contents include a section on making friends, keeping friendships strong, and what happens when they break down - as well as a look at online friendships, cyber-bullying, toxic friendships and frenemies, and empathy. There is also a section on personality types - introverts and extroverts - and quizzes to help you discover what sort of person you are, how you relate to others and how to deal with difficult situations. Complete with a list of helpful resources in the back.	Paperback	305.2 Upper School Shelf Help

PHSE Book List: Exam Stress

Fanshawe Learning Resource Centre: April 2021.

Image	Key Stage	Author	Title	Media	Class and Location
	KS3/4	Bingham, J.	Stress and Depression This book presents the facts about stress and depression. It looks at the signs and symptoms of each condition as well as the physical and psychological effects on young people. It considers how and why young people can develop stress and depression and gives advice on how to seek help to overcome both the conditions themselves and the underlying issues that may have given rise to them.	Paperback	616 Shelf Help