



STUDY WITHOUT STRESS

High school doesn't need to be high stress



It's no secret that the final years of school can be a tricky time. There's so much to learn, many milestones to cross, and you're gearing up for your most important exams yet.

But senior classes don't have to cause anxiety.

Study Without Stress is designed to help re-shape your thought patterns, decreasing stress so you can get the most out of your last years at school. Based on Cognitive Behavioural Therapy, this program was developed through Macquarie University to put evidence into practice. In our safe, supportive workshop, you can learn to cope with stress, reduce anxiety and create a better life-study balance.

Join this [course](#) and you will:

- **Identify** the causes and symptoms of stress
- **Negotiate** expectations and beliefs around study and the future
- **Discover** new ways to deal with work avoidance and exam preparation
- **Develop** healthy ways to challenge unhelpful thought patterns.

Where:

The Gordon Youth Hub
Next to the Library
(799 Pacific Hwy, Gordon)

When: Tuesday

1 November- 6 December
(6 sessions)

Time: 4pm- 5:30pm

Cost: Free

Register: [HERE](#)

Contact:

Maria Comino
e: mariac@ransw.org.au
p: 0434 379 786

Please note: Parents need to complete our Client Intake Registration prior to program start. If this registration process is not completed, we will ask the attending students to complete it during the first session.