

Exam stress workshops for young people

Exam stress can take its toll on mental wellbeing, affecting sleep, focus and confidence. It's completely normal to feel overwhelmed or anxious during exam season - but with the right support, things can feel much more manageable.

Whether you're looking for support for yourself or your child, our exam stress workshops are designed to help you understand where stress comes from and learn practical ways to cope, both now and in the future.

The workshops take place in small groups and are based on a cognitive behavioural therapy (CBT)-informed approach. CBT is a proven, evidence-based method that helps young people recognise unhelpful thought patterns and develop more positive ways of thinking. Through this, young people can learn to manage anxiety, build confidence and approach exams with a calmer mindset.

Our 4-week programme is open to young people aged 15 to 17 who are finding exam stress hard to manage and want to build healthier coping skills. Each session combines short-term relief techniques with long-term strategies for resilience and self-belief - helping you feel more in control, both during exams and beyond.

Overview

A highly supportive group experience focusing on:

- + Improved stress management
- + Building lifelong coping skills
- + Challenging negative thinking
- + Social support
- + Better exam preparation
- + Increased self-efficacy
- + Creating positive behavioural changes and a lasting impact

Overall, our CBT-based exam stress workshops provide not only short-term relief from anxiety, but also long-term benefits - helping young people strengthen their coping skills, build resilience and approach exams with greater confidence.

Getting started

Before joining the group, we'll need consent from a parent or guardian. Once this is in place, the young person will take part in an initial assessment, sometimes called a triage.

This stage helps us get to know you a little better – what's been going on, what's feeling difficult right now, and what you'd like to get out of the workshops. You'll be asked to complete a few short forms before your first appointment, which help our therapists understand how best to support you.

During the assessment, we'll talk about things like:

- + What's been causing you stress or worry
- + Any challenges you're facing at school or college
- + How you're currently coping
- + What goals you'd like to work towards

The level of detail depends on what you feel comfortable sharing, and sometimes we'll speak just with the young person at first. This process ensures the support you receive is tailored to your individual needs and feels right for you.

The power of the group

The exam stress workshops take place in small groups with other young people who are experiencing similar challenges. Being part of a group can be a really supportive experience – it helps you see that you're not alone and that many others feel the same way during exam time.

Throughout the sessions, you'll be encouraged to share your experiences (only if you feel comfortable) and learn from others in a safe, understanding environment. This supportive space helps young people develop greater self-awareness and a deeper understanding of their own challenges.

It's completely normal to feel nervous about joining a group at first. We make sure there's plenty of time for everyone to get to know each other and build trust. Many young people find that, over time, these sessions create a real sense of connection, strength and reassurance – helping them to feel more confident and supported as they move through exam season.

Timetable

Commencing in November 2025, the workshops will be delivered over 4 weeks. Before the group workshops begin, you'll have a 30-minute one-to-one session with a Priory therapist to discuss your individual needs and goals. You'll also have another 30-minute one-to-one session at the end of the course, giving you the chance to reflect on your progress and plan your next steps.

The workshops can take place either online via Zoom or face-to-face, depending on demand. For more information or to register your interest, please get in touch with us using the information below.

- + **Workshop 1:** Psychoeducation on anxiety and stress
- + **Workshop 2:** Grounding techniques
- + **Workshop 3:** Worry management
- + **Workshop 4:** Relapse prevention and endings

Please note that our exam stress workshops aren't suitable for everyone. They may not be the right fit for young people who are currently experiencing severe mental health difficulties, using substances, finding it hard to take part in a group setting, or who are at high risk and need more intensive support.

If this applies to you or your child, please get in touch – we can help you explore other types of support that may be more appropriate for your needs.

Our specialists

Our specialists can help you manage stress and anxiety, improve your wellbeing, and connect with others who truly understand what you're going through.

The workshops are led by highly qualified Priory therapists with extensive experience supporting young people. They understand the unique pressures that come with exams and know how to help you manage these challenges in a safe, supportive environment.

Using evidence-based techniques, our therapists will guide you to challenge unhelpful thoughts and behaviours, regain a sense of control, and build confidence.

Further information and pricing

Our exam stress workshops cost £195 in total and are available to people who are self-paying.

For more information, please contact us on **0800 840 3219** or by emailing **info@priorygroup.com**.

For the most up to date information on our services, please visit our website.