



# THE WAY

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NEWSLETTER | FRIDAY 05  
APRIL 2024



## HSC STRESS MANAGEMENT WORKSHOP



SENIOR SCHOOL  
LIBRARY

WEDNESDAY 1 MAY  
9.30 AM - 10.30 AM

REGISTER ONLINE  
by Wednesday  
24 April

**BOOK NOW ►**

# HSC STRESS MANAGEMENT

## WHAT IS THE HSC STRESS MANAGEMENT WORKSHOP?

The pressures of Years 11 and 12 can cause enormous stress for students as they face the HSC and uncertainty around their future. The HSC Stress Management workshop offers a proven, three-step approach to manage HSC stress. Skills include:

- learning to challenge unhelpful thinking
- limiting avoidance and procrastination
- enhancing helpful action
- practicing self-care.

## WHAT IS REQUIRED?

To optimise your attendance at this workshop, **bring a pen** along and a booklet will be handed to you on arrival.

## ATTENDANCE

Students are invited to attend the HSC Stress Management workshop to learn strategies to manage their stress. Those students who opt not to attend this workshop will go to their Pastoral care lesson as planned.

**Make sure you book by Wednesday 24 April using the following link <https://forms.gle/oqCxtFVYRLjzxMNs5>**

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To RSVP and book [click here](#)