

Stairways: Self-Help Resources for Coping with Exam Results Day Stress

Resource & Description		Link
1	UCAS Website <i>What Are My Options?</i>	https://www.ucas.com/what-are-my-options
2	BBC Newsbeat Website <i>How to cope with exam results stress if you didn't get what you wanted</i>	http://www.bbc.co.uk/newsbeat/article/37009695/how-to-cope-with-exam-results-stress-if-you-didnt-get-what-you-wanted
3	YoungMinds Website <i>Find out about mental health and how to look after yourself</i>	https://youngminds.org.uk/find-help/
4	Times Higher Education Website <i>How to deal with stress over exam results</i>	https://www.timeshighereducation.com/student/advice/how-deal-stress-over-exam-results
5	Success at School Website <i>How To Cope On Exam Results Day – Anxiety, Stress, Planning</i>	https://successatschool.org/blog/497/How-to-cope-on-exam-results-day-%E2%80%93-anxiety-stress-planning
6	Times Higher Education Video <i>10 common A level exam results day questions answered</i>	https://www.youtube.com/watch?time_continue=13&v=9DWT5HqWGnE
7	Stop Worrying About Exam Results Video <i>Take Stress Antidote</i>	https://www.youtube.com/watch?v=GiQ017_LPbc
8	Spotify Playlist <i>Stress Relief Playlist</i>	https://open.spotify.com/user/spotify/playlist/37i9dQZF1DWXe9gFZP0gtP
9	Spotify Playlist <i>Deep House Relax –Summer 2018 (Chill Out Mix)</i>	https://open.spotify.com/user/beatboutiquemusic/playlist/4bOO6mhlCJfQNfeizSpVis
10	YouTube Playlist <i>Deep House Chill Out Music</i>	https://www.youtube.com/watch?v=fjs2O1HfFMw

