Exam stress webinar hand out

Progressive muscle relaxation recordings:

Female Voice: <https://www.youtube.com/watch?v=912eRrbes2g>

Male Voice: <https://www.youtube.com/watch?v=vUQoflmFQpw>

Wellbeing Exam Stress booklet:

<https://issuu.com/universityofexeter/docs/busting_exam_stress/1?e=1707859/14991449>

Wellbeing sleep booklet:

<https://issuu.com/universityofexeter/docs/get_to_bed_and_get_some_sleep/1?e=1707859/15014743>

Silvercloud online CBT:

<https://www.exeter.ac.uk/wellbeing/support/self-helpandpeersupport/onlineselfhelp/silvercloud/>

Assertiveness modules:

<https://www.cci.health.wa.gov.au/~/media/CCI/Consumer%20Modules/Assert%20Yourself/Assert%20Yourself%20-%2001%20-%20What%20is%20Assertiveness.pdf>

Coronavirus Wellbeing pages: <http://www.exeter.ac.uk/coronavirus/wellbeing/#a0>