

LEIGH WELLNESS CENTER NEWSLETTER



Upcoming Events

January 10, 2023 - Parent webinar titled "Divorce and Changing Family Structures"

Past Events

Recorded Webinars on "Managing Test Stress and Anxiety" from Nov 29th & Dec 1st -
<https://vimeo.com/779770302> - for Students
<https://vimeo.com/779705323> - for Parents
<https://vimeo.com/776866791> - also for Parents



Principal Joe's Book Club Corner

Badass Ways to End Anxiety & Stop Panic Attacks! by Geert Verschaeve -
<https://a.co/d/b82Q3JU>

Principle Joe: "I like the 'how to' approach of this book with chapters that are full of very practical advice".




Topic of the Month - Stress & Anxiety



Managing Exam Anxiety - Everyone feels nervous before an exam. For some people, their anxiety is so high, it can be debilitating. Your mind may suddenly go blank during the exam even though you studied for it. You might feel so overwhelmed that you experience an anxiety attack during the exam. Exam anxiety (also called performance anxiety) is a feeling of fear, nervousness, or panic before or during an exam or any testing situation. It interferes with your concentration, your ability to think and make decisions quickly, increases mistakes and lowers your overall test performance. Exam anxiety manifests itself in our thoughts, our emotions, our actions, and our body.

One way to reduce exam anxiety is to turn our negative thoughts into realistic thoughts. Pay attention to your self talk (or inner voice). Do you often think "I'm going to fail" or "I'm not good at anything"? Next time, try to challenge your negative thoughts by thinking "Is this 100% true?", "What proof do I have against this?" or "What would I tell my friend if they had the same thought?". Just because we have a thought, it does not make it automatically true. When you rewrite your negative thoughts into realistic thoughts, you feel less anxious and more confident in your abilities.

Learn more about exam anxiety and how to manage it.
<https://www.parentcircle.com/how-to-help-teenage-to-handle-exam-fear-anxiety/article>

Principal Joe's link - [coping with finals.pdf](#)

-  Room 29 (Next to CCC)
-  (408) 626-3405 (x. 5229)
-  LHSwellness@cuhsd.org

-  <https://bit.ly/LeighWC>
-  8:30 am - 2:20 pm

