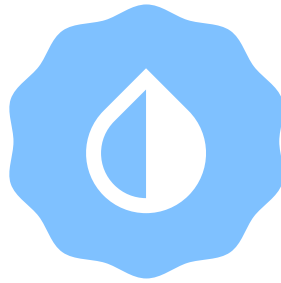


# RESOURCES TO REDUCE EXAM ANXIETY



## Guided Meditation

BREATHING &  
RE-CENTERING  
WITH  
ALEXANDRA ELLE.



## 10 Self Care Tips

SELF-CARE TIPS  
TO FEEL  
REFRESHED.



## Calm Down Quickly

15 HACKS TO  
CALM DOWN  
QUICKLY.

## Deep Breaths

CURATED SLEEP  
STORIES,  
MEDITATIONS,  
MUSIC, AND  
MORE.

## Feelings Journal

30 DAYS OF  
GUIDED, DAILY  
REFLECTION TO  
LOCATE YOUR  
INNER CALM.

## Group Meditation

TEN MINUTE  
GUIDED GROUP  
MEDITATION.  
MON-FRI  
3PM EST.

## Yoga for Anxiety

A 15 MINUTE  
MEDITATION /  
YOGA SESSION  
FOR ANXIETY.

## Mental Health

CHECK OUT  
OVER 35K FREE  
MEDITATIONS  
USING INSIGHT.

## Therapy Resources

HELP YOUR  
WELLBEING. FREE  
MINDFULNESS  
RESOURCES.

*I'm interactive! Click the grey boxes for hyperlinks.*