

ALL IS WELL

EXAM STRESS & COPING



SIGNS



Fast
heartbeat



Aches/
Pains

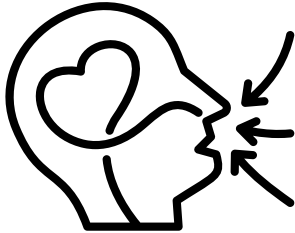


Irritability

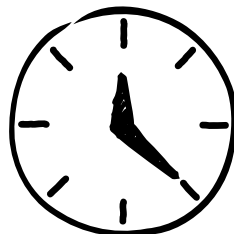


Overthinking

TOOLS THAT ACTUALLY WORK



4-2-6
breathing



Chunking
time



Organize
your space

When stressful thoughts come in,
Remember:

Thoughts = Autos on the Road 🚗

NAME: _____ DATE: _____

MY 'ALL IS WELL' PLAN

Write your plan below:

Marks se main nahi,
Mein apni koshish se aagay
badhta hoon
Dar lagay bhi toh himmat
kar kay padhta hoon
Mein hamesha kaafi hoon,
yeh mein manta hoon

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