

Beat your child's exam stress with these tips



Encourage breaks

Help them make time for outdoor games, hobbies and friends



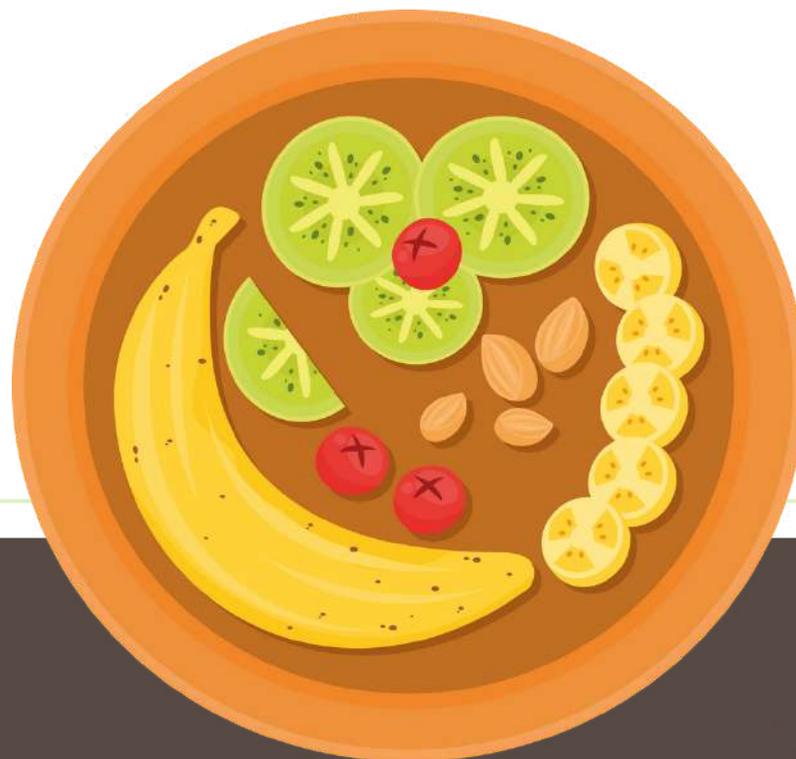
Practice mindfulness

Teach them deep breathing techniques to manage stress and stay focused



Provide healthy snacks

Fuel their brain with nutritious snacks like fruits and nuts for sustained energy



Offer encouragement & support

Listen actively and remind them
of their capabilities



Promote exercise

Encourage physical activity to reduce tension and boost mood



Celebrate effort

Acknowledge their hard work and effort regardless of exam outcomes



By nurturing your employees' families you are nurturing their wellbeing too



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