

Oh well when I'm stressed for exams I use the pomodoro technique. You should try it as well maybe it could help you like it helped me.

Just take your time and make sure to take breaks when studying. I'm sure you'll do great.

I'm listening let's talk about it?

Maybe study a little bit during the day and leaving the rest for some time for yourself.

THERE'S MORE TO SAY AFTER RUOK?™

I'm sure that you'll do amazing! Let's go to get a ice cream. That will make you feel better.

Maybe you should take a break and reward. Yourself for all the hard work and effort.

If someone says they're not OK it's important to keep the conversation going.

What would you say next? Put your response in the speech bubbles.

Don't let it get you down. Do you want to study together? Or maybe do something else to relax first?

ah man that really sucks. Don't spend all your time studying though, you should try to take breaks which will let your mind take it easy as well as allow you to be better focused when you come back to studying.

How can I help you?

It is ok you are going to get through this

How are you going?

I'm so stressed, trying to cram for exams

Try not to worry too much about exams, only the exams for year 11 and 12 really matter in your life and you are hard-working enough to not fail.

Well, let me know if you need any help! You can message me if you have any questions or if you need a helping hand 🤝

Can I help you study?

First, don't worry I know you will do great. But make sure you leave time to do something for yourself. And if you need some help, I would be willing to help you.

Would you like assistance? I wouldn't mind studying with you.

the best thing i can recommend is making a plan or having a break just to try organise your mind.

Please let me help you. I have some useful study tips which may assist you .

Is there anything I can do to help? Maybe a study session

That's tough. Keep talking, I am listening.

It is normal to feel stressed around exam time. I know I do. How can I help you relax?

You are not alone. We all feel that way before exams

You can always talk to me when you're ready about what's happening, or if you feel bothered by something. You can come over to my house any time if you just want a break!

When I had a terrible day I went for a bike ride, it really helped. Would you like me to go on a ride with you?

You can unwind with me by watching Rush Hour 2 on Netflix at 6:00pm.



I'm so sorry. What about the day has been so bad? Remember there is always tomorrow!

Have you been feeling this way for a while?

Oh no, what happened? Do you want to talk about it? I am here if you do.

Don't worry. Remember everyone has bad days sometimes. Keep going and start fresh tomorrow.

Please tell me more. What happened? I am here for you to listen.

RUOK?

I've had a terrible day



Do you want to talk about it?

Oh No! What's wrong, do you want to talk about it.



Grab some snacks and ill call you for a chat in 5

Call me if you need to

would you like to talk about it? im always here for a chat :)

Well tell me about it. If you want we can go do something together. Like we should watch the Harry Potter movies I know you love them. It will cheer you up.

let's catch up! How about we video chat?

If you want to share what going on you can talk to me but you don't have to if you don't feel comfortable

It's okay spend the day with things you like doing write in a journal let all the anger and sadness out and maybe if you want to talk to a friend about it.

don't worry about it. Spend the rest of it with me