

Useful resources



The dyslexia-stress-anxiety connection

Read time: 10 min

This resource explains stress and anxiety and how they connect with dyslexia. It includes a step-by-step guide for supporting individuals to de-stress.

Publisher: International Dyslexia Association

[Visit website](#)



Too stressed for exam success?

Read time: 7 min

Strategies for neurodiverse learners to develop their self-belief, improve learning and relieve exam nerves.

Publisher: Optimus Education

[Visit website](#)

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