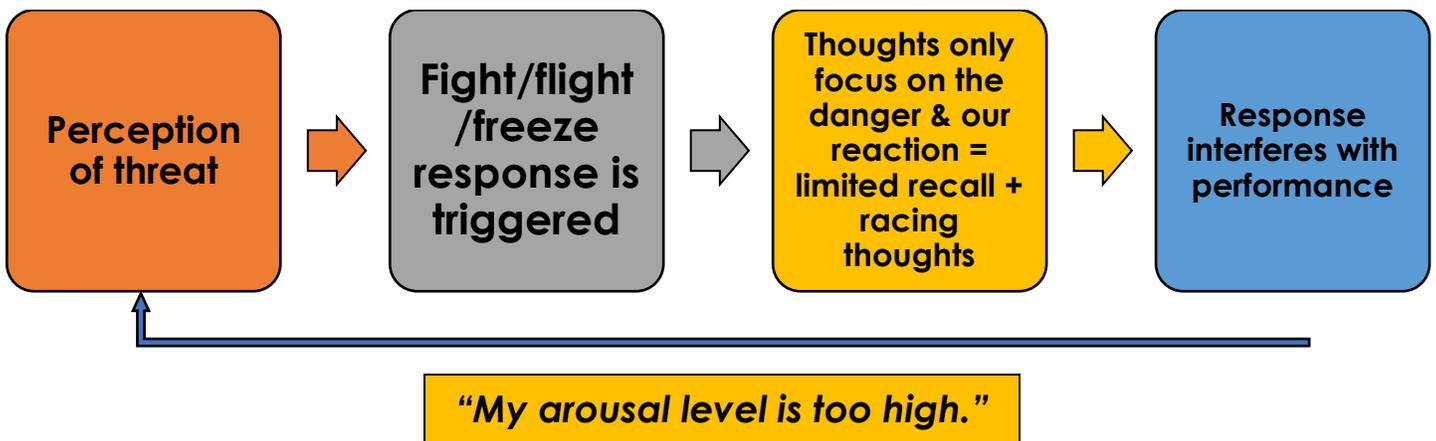


TEST ANXIETY

Mind goes 'blank'	Heart races / difficulty breathing	Sweating / Chills	Trembling / Fidgeting	Crying
Racing thoughts	Difficulty concentrating / organizing thoughts	Negative self-talk	Feelings of helplessness	Comparing yourself to others

UNDERSTAND IT



INTERRUPT IT

INTERRUPT YOUR THINKING

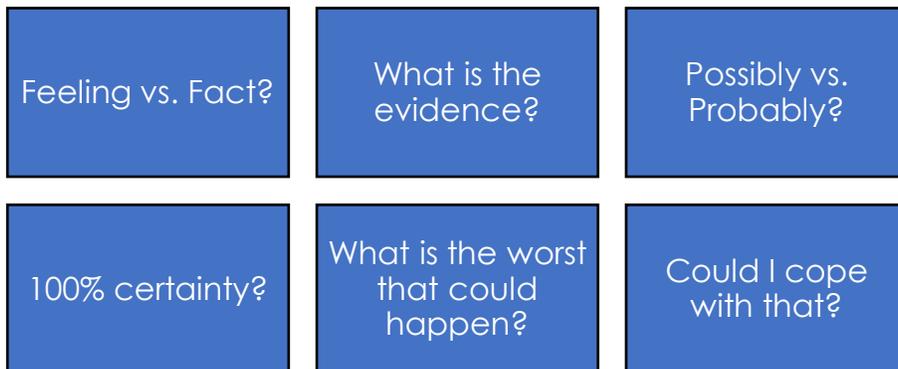
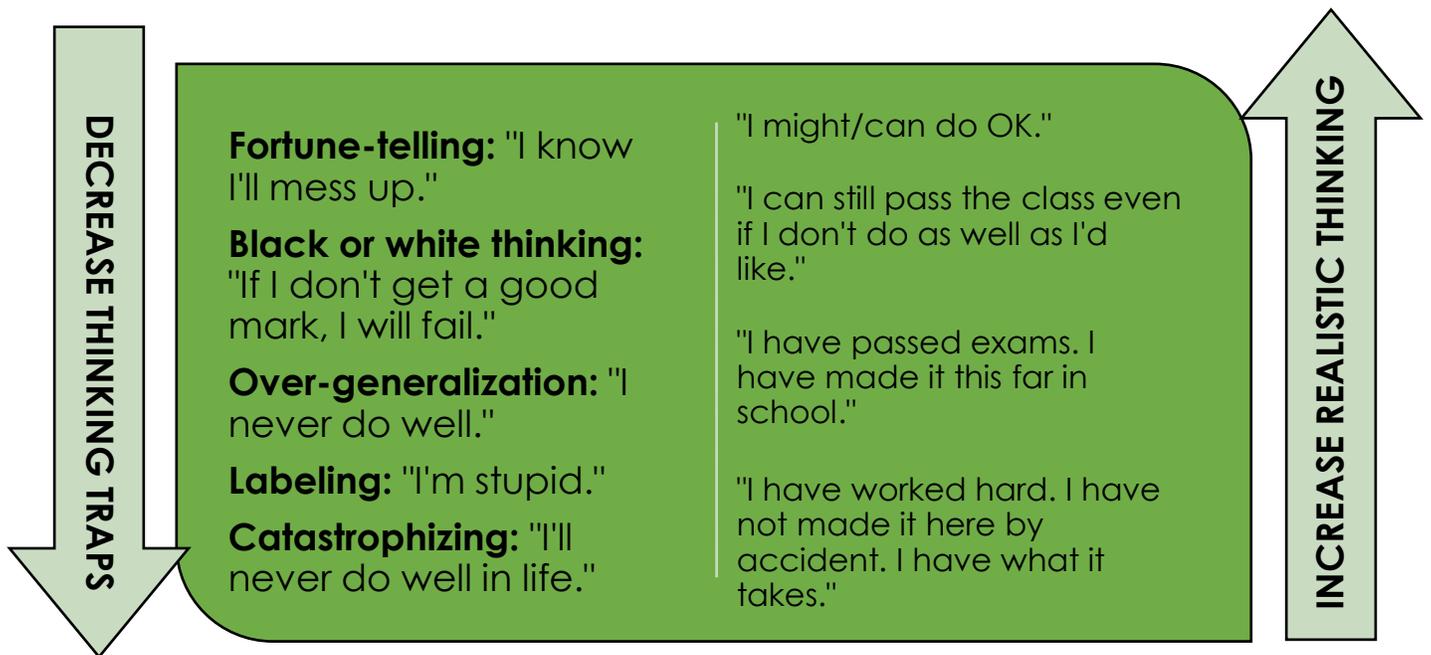
- Be aware of and challenge unhelpful thoughts
- Use coping statements
- Use positive self-statements
- Modify environment to limit distractions

INTERRUPT YOUR BODY

- Deep breathing
- Grounding techniques
- Fidget toys
- Take a mental break

OTHER TIPS

- Don't cram
- Exercise/expel energy before test
- Quick survey of test
- Easier questions first
- Put aside difficult questions



TIP: Touch your lips! We have nerve fibers in our lips that can stimulate the relaxation response when touched.

BREATHE

- Inhale slowly through your nose for a count of 4
- Breathe in so your belly is expanding, not your chest
- Exhale slowly through your mouth for a count of 4
- Breathe out so your belly deflates

GROUND

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

DISTRACT

- Name items in a category (countries, fruit)
- Recite the steps in an activity (preparing a meal)
- Count backwards from 100 by 7
- Read something backwards, letter-by-letter