



# 4 ways to reduce *Exam Anxiety*

**1**

## Self-Care

- Brains need fuel for thinking
- Eat (protein) before exams and when studying
- Sleep the night before exams
- Walk, exercise, meet friends for meals

**2**

## Calming Your Body

- Breathe deeply from your belly a few times
- Tighten and then relax your muscles
- Roll or shrug your shoulders
- Tap your head, face, neck to reduce your stress hormone

**3**

## Calming Your Mind

- Focus on answering one question at a time
- Take exam from back to front to avoid comparing your progress
- Turn negative thoughts positive: “there are plenty of questions I will know” or “I studied; I know this info”
- Avoid talking yourself into changing an answer; trust your first thought process

**4**

## Use All of Your Senses

- Study in the room where you have class/take the exam.
- Chew gum! Choose a flavor for each class and use while studying and taking the test. Taste, smell, and movement helps with memory.
- Listen to music!

