



COPING SKILLS AND STRATEGIES TO MANAGE

TEST ANXIETY



SIGNS OF TEST ANXIETY:

Feeling overwhelmed and worried about how you're going to do on a test.

Negative thoughts, or thoughts that predict the worst. For example, "I will fail, so why even try?" or "I never do good on tests."

Procrastination when you need to study.



Physical symptoms of anxiety such as headache, stomachache, nausea, nervousness, shortness of breath, rapid heartbeat, dry mouth, light-headedness, panic attacks, and feeling faint.

Mind goes blank before or during the test or you second guess yourself.

You change your answers or get stuck.

TIPS TO REDUCE TEST ANXIETY

Preparation



- The more prepared you are for the test, the more confident and less anxious you will be.
- Start studying a few days prior to the test.

Ask for Support



- Talk to a parent, teacher, or counselor about your test anxiety.

Healthy Habits



- Get a good night's sleep.
- Eat a healthy breakfast.
- Exercise regularly.

Anxiety Awareness



- Notice signs that you are anxious prior to tests.
- Turn to relaxation skills to calm your body and mind.

CALMING AND RELAXATION SKILLS

Positive Self-Talk



Say to yourself, "I am prepared, I can do this!" or "Everything I need to know is in my brain, I worked hard!" (Repeat three times every time you notice you feel anxious).

Belly Breathing



While you are breathing in imagine yourself breathing in calm, successful, and confident energy. Imagine breathing out worry, stress, and negative energy.

Muscle Relaxation



Starting at your hands, tense your muscles for 3 seconds and then relax them completely. Work your way through all the muscles in your body until you've tensed and relaxed them all.

Imagine Success



Starting a few days before the test, close your eyes and imagine yourself cool and calm during the test. Imagine a calm and successful performance, and a feeling of gratitude and pride after you complete the test successfully.