

Test Anxiety Strategies

BE PREPARED, STUDY AHEAD



Sleep Well before the Test



EAT NUTRITIOUSLY,
NOT JUNK



GET
to the
TEST
EARLY

Stay hydrated with
lots of H2O



Visualize Yourself
Passing the Test



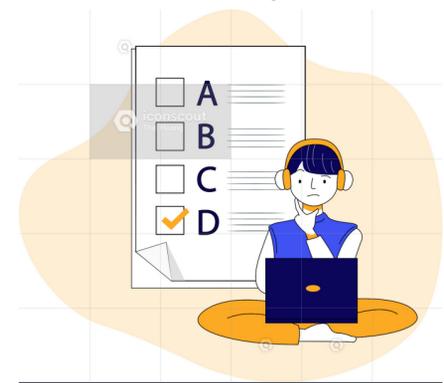
Attempt a few body
stretches to lessen your
tension & anxiety



Try **Deep Breathing** to slow
your racing heart & Mind
before & during the test



Read the test carefully, pace
yourself, do the easier questions
1st if possible, don't let others
distract you.



Visualize being in your Happy Place
for a few seconds & Breath Deeply
Again



This is a Freebie!

