Stress Relief before Tests

In the days before the test:

1. Prepare and plan your study schedule.

2. Stay organized.

3. Know the procedures of the test.

3. Progressive Muscle Relaxation: tense and relax your muscles one at a time until your whole body is relaxed.

4. Use music as needed: lively music to make you more alert, classical music in the background as you study, slow music to help you relax.

5. Do slow deep breathing exercises when you feel the tension begin.

6. Get physical exercise to keep your mind and body in tune with each other. Oxygen is great for the brain!

7. Take power naps (15 to 30 min.) between studying if you need to refresh your brain.

8. Make sure to keep a regular sleeping schedule and get 7 to 8 hours a night.

9. Make sure you eat healthy food (don't fill up on junk) and drink lots of water.

10. Visualize yourself doing well on your test. Think positive thoughts and squash the negative ones! Find a phrase that works for you. For example, "This is something I am capable of doing!" Repeat it as often as necessary.

On test day:

1. **Eat "brain food" for breakfast, such as cheese or eggs that contain protein.**
2. **Wear comfortable clothes.**
3. **Exercise a little to get your blood circulating up to your brain.**
4. **Remind yourself of the procedure of the test, check to make sure you have any supplies that you need such as pencils.**
5. **Answer the easy questions first so that you gain confidence.**
6. **If you don't understand a tough question, try rephrasing it.**
7. **Cover the multiple choice answers, read the question and answer it in your head. Uncover the answers and see if what you thought is one of the choices.**
8. **Relax so that the information can flow to the paper!**