

## **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!**

