

SIGNS OF **Test Anxiety**

- ☐ Headaches
- ☐ Nausea/upset stomach
- ☐ Extra sweating
- ☐ Difficulty breathing
- ☐ Fast heartbeat
- ☐ Dizziness/lightheadedness
- ☐ Sense of panic
- ☐ Muscles tight or tense
- ☐ Focusing on past mistakes or poor performance
- ☐ Worrying about the consequences of failure
- ☐ Mind going blank
- ☐ Thoughts racing
- ☐ Difficulty concentrating
- ☐ Feeling inadequate or not enough
- ☐ Feeling helpless
- ☐ Thinking negative thoughts
- ☐ Procrastinating
- ☐ Comparing self to others

Test Anxiety STRATEGIES

Get prepared.

- ☐ Attend study sessions.
- ☐ Take practice tests.
- ☐ Review notes.
- ☐ Ask clarifying questions.
- ☐ Pack your bag, pack your lunch, and lay out your clothes the night before.

Practice Calming Strategies.

- ☐ Practice controlled breathing exercises.
- ☐ Make a test-day mantra. Practice repeating it to yourself.
- ☐ Practice grounding exercises.
- ☐ Practice progressive muscle relaxation.

Practice Self Care.

- ☐ Get enough sleep the week leading up to the test.
- ☐ Eat healthy meals.
- ☐ Do your favorite movement-based activities or exercises.
- ☐ Practice yoga.
- ☐ Speak kindly to yourself.
- ☐ Spend time with people you love.

Change Your Thinking.

- ☐ Check your thoughts. Are they absolutely true? Are they based on facts? Are you assuming the worst or jumping to conclusions? Replace these thoughts with more realistic and positive thoughts.

*I am not
defined by a
test.*

*I am a
successful
person.*

*I am in control of the
things I say to myself.*