

# How To Reduce Exam Anxiety



## Positive self-talk

"I know I can do this" " I have practiced this" "I am clever and capable" "I will pass" "I am strong enough to do this exam, I will do my best"

## Visualisation

Close your eyes and imagine yourself doing well on the exam. This will boost your confidence!

## Muscle relaxation

Begin at your toes. Tighten and clench them for three seconds and then release. Work your way through all the muscles in your body until you've tensed and relaxed them all.

## Deep Breathing

This is a great anxiety reliever. Sit up straight and start by exhaling all of the air in your lungs, exhale slowly for 10 seconds. Breathe in through your nose for 7 seconds, hold that breath for 5 seconds and then breathe out of your mouth for 7 seconds. Repeat until you feel better.

## Remain calm

The more you feed your anxiety, the more anxious you will feel



# How to Manage Exam Anxiety



## Prepare Ahead

Get organised, create a revision timetable, space out your studying, attend revision classes at school, concentrate on revising for exams that you have first and exercise a few days before the exam to reduce anxiety/stress.

## The night before the exam

Get enough sleep the night before, set your alarm and have a back-up alarm, eat a healthy breakfast/lunch to give you energy, arrive prepared and on time, manage your anxiety and stay relaxed, go to the toilet before the exam.

## During the exam

Work through your paper systematically, read the directions slowly and carefully, skim through the exam paper so that you have an idea how to pace yourself, do the simple questions first to build up your confidence, don't worry how fast other people finish their exam – just concentrate on your own, focus on the question at hand, use all of your allotted time. At the end of the exam, read through your paper to ensure you have completed all of the questions and not missed anything.

## After the exam

Relax, refocus and don't spend time thinking "I should have or I could have done better". That exam is now complete.

**Anxiety is contagious! Do not talk to other students before the test instead, remind yourself that you are well prepared and are going to do well.**