

# 5 tips for managing test anxiety

Just like learning any skill, we can learn new ways of reducing stress. These methods take practice – the more we do them, the more effective they will be!

## 1. Calm your body

Try these methods to help calm your body and mind.



Practice deep breathing



Take breaks often and go outside if you can



Squeeze a stress ball or use a fidget toy

### Try writing down your own examples of positive self-talk.

Don't focus on the worst thing that could happen. Instead, spend time imagining yourself acing the test.



## 3. Use positive self-talk

This is when you say or think things to help improve your mood. Practise being kind to yourself with your thoughts, as though you are supporting a friend.



## 2. Practise self-care

Spend some time doing an activity you enjoy, even if you don't feel like it. Having fun helps reduce stress. It also helps keep the exam in perspective and remind us there's more to life.

## 4. Look after your physical health

Your body and mind are connected. Try to eat nutritious food, move your body every day, and spend time outside (even five minutes helps).



## 5. Ask for support

When anxiety gets too much, don't keep it to yourself. Try talking to:

A relative or carer, like a parent, older sibling, or aunt/uncle

A counsellor at school or a teacher you trust

You can get help online at [themix.org.uk](https://www.themix.org.uk)