

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

2

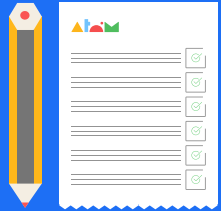
Practise self-care

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.



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.



"I am struggling with this topic right now, but my test score does not define who I am."

"I've got this! I've studied and I know what to do."

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.

"My life outside of exams is important too."

"I don't have to get a perfect score, I just have to try my best."

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)