MANAGING TEST ANXIETY
Healthy Coping Strategies

MAINTAIN A HEALTHY LIFESTYLE

Don’t resort to drugs or alcohol to relax or focus. Avoid large amounts of caffeine to stay awake. Instead, continue to get 8 hours of sleep, exercise regularly, and eat right up to the test.

USE POSITIVE AFFIRMATIONS

Instead of thinking "I’m not going to pass," replace these thoughts with positive, self praise. Try to thinking, "I am going to do a great job on this test.” Have faith in your abilities!

BREATHE AND RELAX

When you feel yourself starting to slip into anxiety, take 10 deep breaths - in your nose, out your mouth. Do this until you feel calmer. Relax and roll your shoulders.

KEEP UP YOUR STUDY HABITS

Do not cram all of your studying the night before the test. This is ineffective and often stresses you more. Instead, take your studying day by day in small, manageable chunks. Plus, feeling prepared while help manage your stress.

TALK IT OUT

Recognize and talk through your anxiety with a trusted friend, family member, or counselor. Identifying your fears and getting support from loved ones can reshape your focus.