

CONQUERING EXAM ANXIETY

ANXIETY MANAGEMENT TOOLS

1. POSITIVE SELF-TALK

Practice these phrases, or think of your own.

1. You've **got** this!
2. I **can** do hard things!
3. I **trust myself** and my hard work!
4. All I need is **within me** right now.
5. If I **want** to, I **can**.

2. FOCUS CUES

Things you can **say**, **look** at or **do** physically to redirect your attention to what is important in the moment. Here are some examples:

- **ACE** - Attitude, Concentration, Effort
- Breathe...
- Next question!

Good verbal cues are **positive**, **personal** and **concise**.

VERBAL

- Tie a ribbon on your pen.
- Put a sticker on your water bottle.

Good visual focus cues are **always present** and **easy to find**.

VISUAL

PHYSICAL

- Shake your head.
- Tap your pen on the desk three times.
- Pat yourself on the shoulder.

Effective physical cues are **small**, **deliberate** movements that can be done **quickly**.

3. BREATHE

1. TAKE A DEEP BREATH IN THROUGH YOUR NOSE
2. BREATHE OUT SLOWLY THROUGH YOUR MOUTH
3. TRY TO BREATHE OUT SILENTLY

4. ASK FOR HELP

When in doubt, put your hand up and **ask** a teacher **for help**.

Q&A