



## Tips to Reduce Exam Stress



### **Before Exams:**

- Expect some anxiety
- Relax – you are in control, avoid speaking with peers who aren't prepared or are in a negative state
- Eat breakfast
- Get a good night sleep
- Use positive thoughts – acknowledge what you have done and that you are doing your best
- Visualize yourself doing well on the exam

### **During Exams:**

- Read questions carefully
- Change positions to help you relax
- If you go blank skip the question and go on
- If writing essay type questions and you go blank pick a question and start writing
- Don't panic when students start handing in their papers. There is no reward for finishing first

### **Relaxation Techniques:**

1. Breathing – square breathing – breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds...repeat as many times as needed
2. Differential Relaxation – sit straight in chair with feet flat on floor, grab side of chair and try to lift with your arms while pushing down with your body, hold this for 5 seconds and release. Repeat as necessary
3. Visualization – take a minute and close your eyes and remember a happy memory, a favourite meal, a joke amongst friends, lyrics from a favourite song