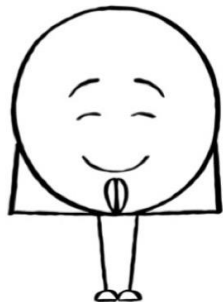


# BREATHING

Paying attention to my breathing helps me stay calm & focused.

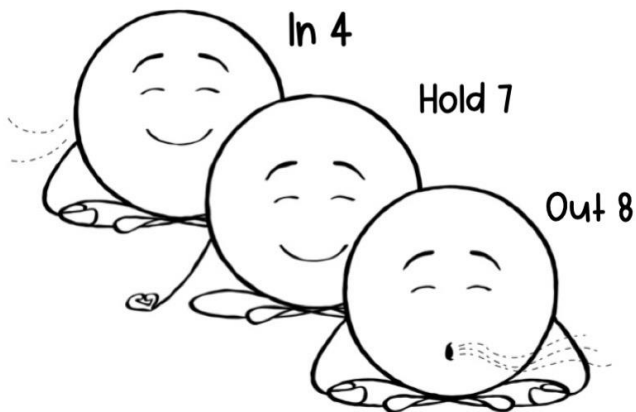
## Belly Breathing

- Place your hands on your belly.
- Breathe in slowly with your nose.
- Feel your belly rise.
- Breathe out slowly with your mouth.
- Feel your belly fall.
- Repeat.



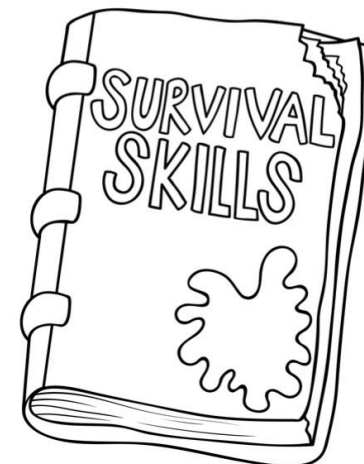
## 4-7-8 Breathing

- Take a deep breath in your nose. (while counting to 4)
- Hold it. (while counting to 7)
- Exhale slowly from your mouth. (while counting to 8)



MINDFUL  
COLORING  
CAN MAKE  
ME FEEL LESS  
STRESS.

## ANXIETY



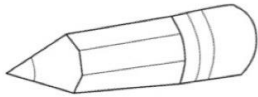
Positive thinking can reduce stress!

### TURN NEGATIVE THOUGHTS INTO POSITIVE THOUGHTS!

### REPEAT THESE WORDS:

- I can do this!
- I am enough!
- Everything will work out!
- I can let this go!
- I am strong enough!

### FINISH THESE SENTENCES WITH POSITIVE THINGS ABOUT YOURSELF.



I can do this well:

I did this kind thing for someone:

People like it when I:

I think the best thing about me is:



Showing gratitude can ease anxiety.

Things that make me feel **THANKFUL:**

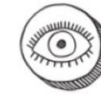
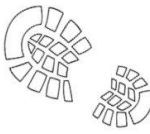


TRUSTED ADULTS I CAN GO TO WHEN I NEED HELP:

Underline things that make you feel calm & add a few!

spa music, coloring, stretching, slime, kinetic sand, reading, writing, drawing, singing, being creative, arts & crafts, building, taking things apart, movies, stress balls, and...

## GROUNDING



List 5 things you see right now.



List 4 things you could feel on your skin right now.



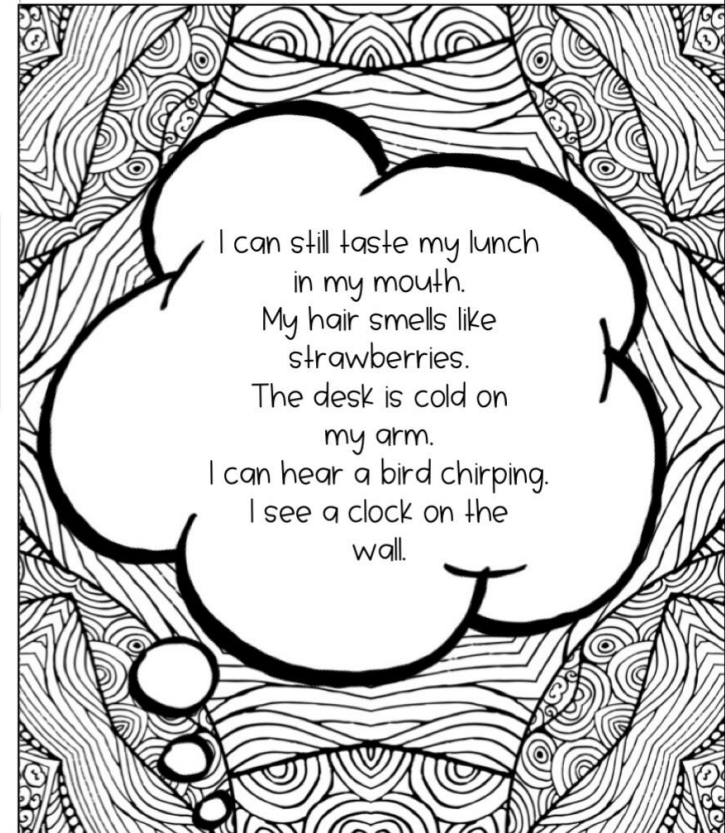
List 3 things you hear right now.



List 2 things you can smell right now.



List 1 thing you can taste.

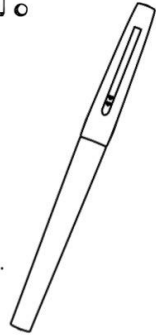


I can still taste my lunch  
in my mouth.  
My hair smells like  
strawberries.  
The desk is cold on  
my arm.  
I can hear a bird chirping.  
I see a clock on the  
wall.

# PREPARE YOUR MIND FOR A TEST.

## BIG BREATHING

Practice taking deep breaths. Slowly breathe in for 4 seconds. Hold it for 5 seconds. Release slowly for 7 more seconds.



## MENTAL REHEARSING

Close your eyes and imagine yourself taking the test. Imagine that you feel confident with every answer. Imagine that you are feeling calm and comfortable in your seat. Imagine making a great score!

## NUDGE AWAY NEGATIVES

Whenever negative thoughts or "what if" questions enter your mind, imagine nudging them away. It is common to think of all of the possible bad things that could happen before a test.

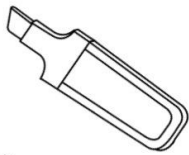
What if I forget?

What if I fail?

Say to yourself,

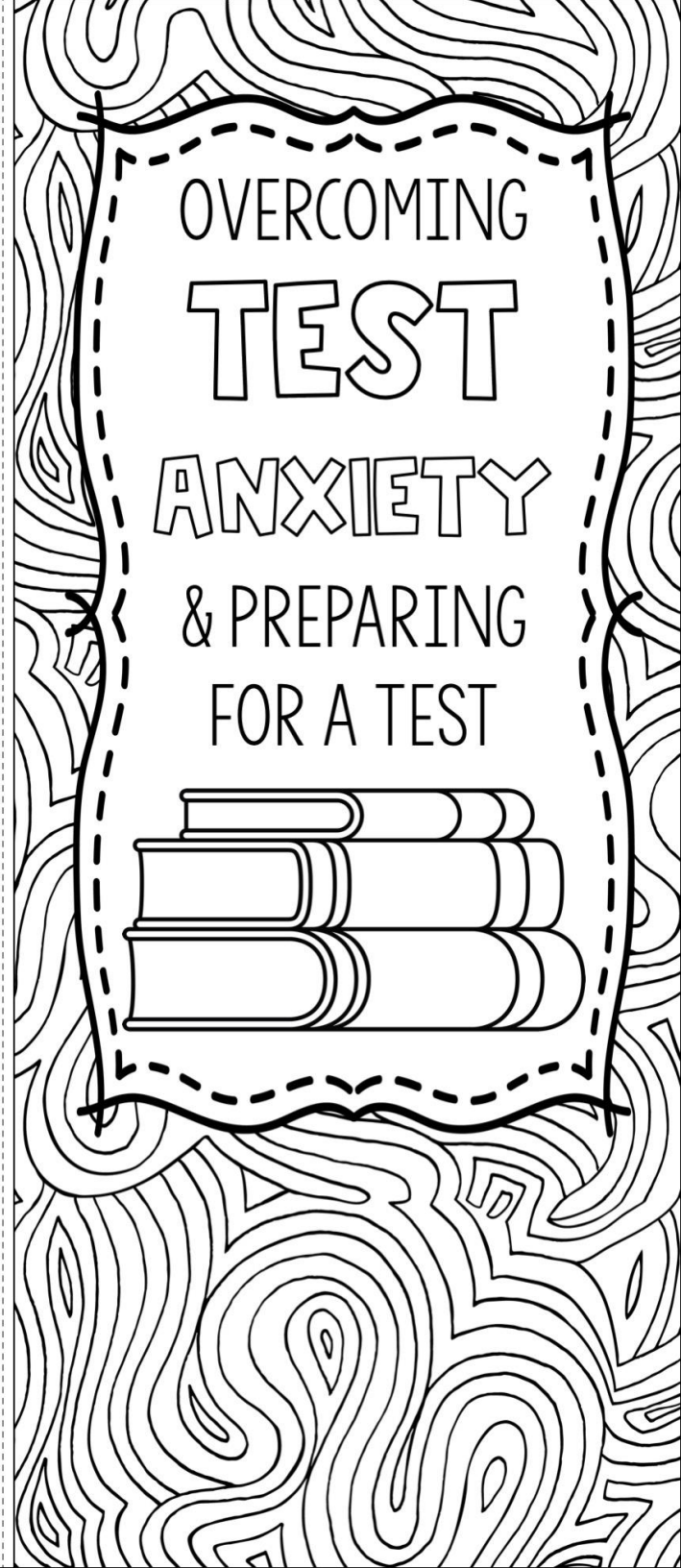
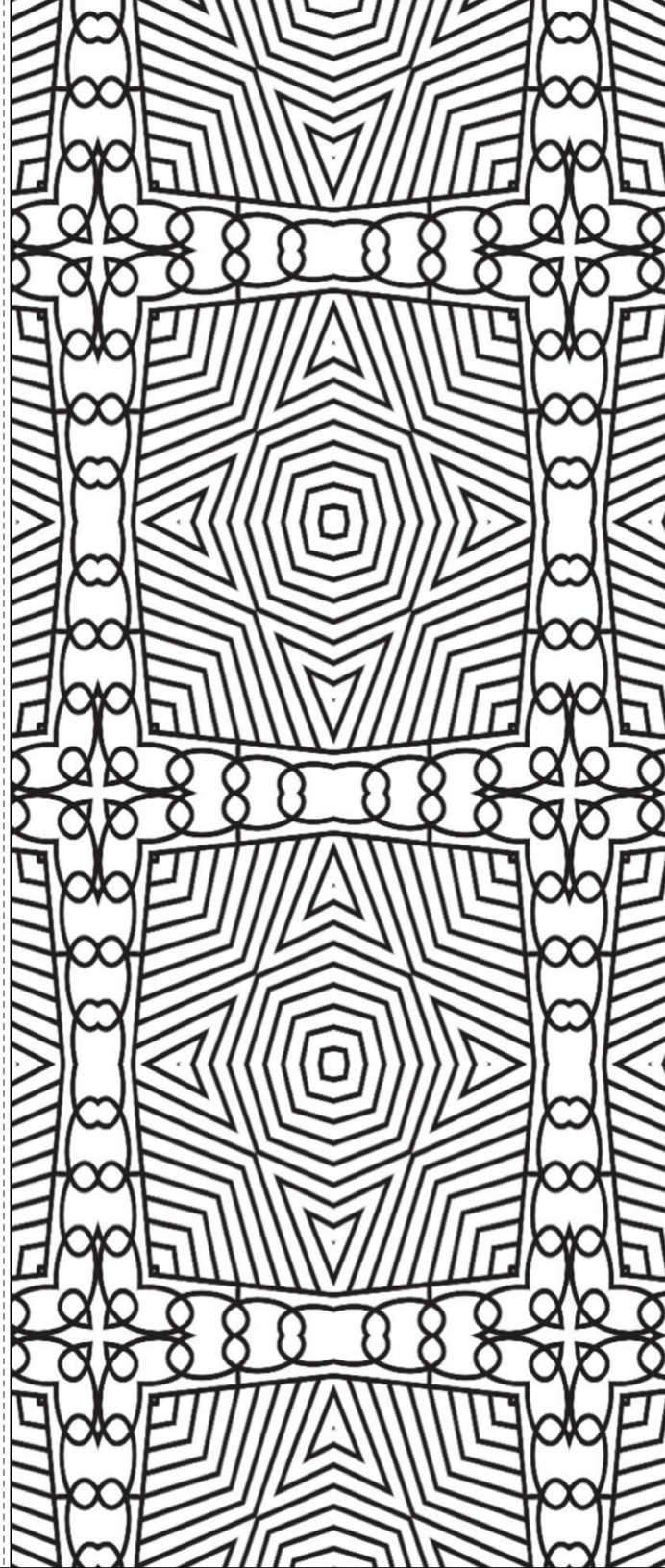
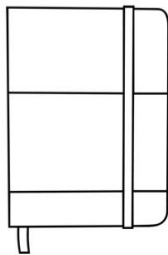
"STOP IT, SELF!"

You are going to rock this test!"



## PUSH AWAY PERFECTION

Striving for perfection is unhealthy. Nobody is perfect, so you are setting yourself up for failure if you judge yourself for not being perfect. Be okay with the fact that you might not know all of the answers! There will be some material that you do not know and that is OKAY! Let yourself be human.



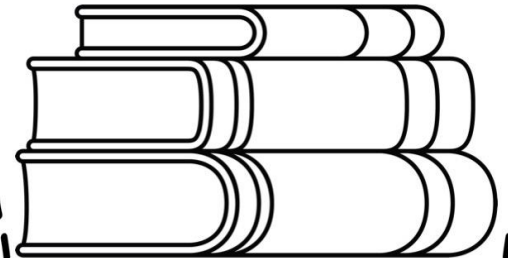
OVERCOMING

TEST

ANXIETY

& PREPARING

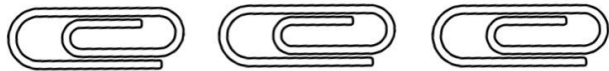
FOR A TEST



# STUDY TIPS



- Create a tidy, quiet study area, stocked with school supplies.
- Study a little each day rather than cramming it into one session.
- Study general concepts first before getting into details.
- Take study breaks every 10–20 minutes.
- Test yourself or have someone else test you on the content (flash cards are great for this).
- Play soothing or classical background music.
- Study when you are alert rather than tired (you will learn a lot more in less time).
- Use a study planning calendar to plan when you will do homework and for how long.



## A POSITIVE ATTITUDE ABOUT STRESS

Research suggests that the way you think about stress can change the way it impacts your life. Begin to see the benefits of stress so that you can tame it's effects on you. Repeat after me:

STRESS CAN BE USEFUL.  
STRESS MOTIVATES ME TO DO BETTER.  
I CAN CONTROL MY STRESS.

# BEFORE THE TEST

Go to bed early the night before.  
Eat a healthy dinner the night before.  
Eat a balanced breakfast the day of the test.  
Exercise the night before for 30–45 minutes.  
Deep Breathing

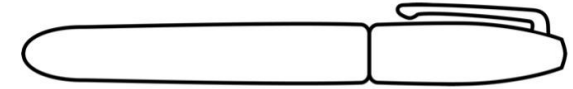
List healthy snacks that you like:

List exercises you enjoy:

# LOWER YOUR STRESS

- Limit sugar and caffeine.
- Politely say “no” more often.
- Ignore rumors and stay away from drama.
- Realize that you will not be able to please everyone, ever.
- Make time for yourself every day. Remember your hobbies.
- Read a book.
- Break down big tasks into smaller manageable chunks.
- Listen to calming music.
- Keep in touch with nature by going outside more often.
- Find ways to laugh more often. Hang out with funny people.

# TAKING THE TEST:



## QUESTIONS WITH LONG READING PASSAGES:

Skip down to the question and read it first. You will be able to look for the answer as you read. Sometimes the answer is in the title or in the first paragraph.

## QUESTIONS WITH MULTIPLE CHOICES:

Read all of the choices until you find the BEST choice. Eliminate the ones that you know are incorrect. Go with your gut! If making a guess, go with your first instinct.

## QUESTIONS WITH EXTRA INFORMATION:

Some questions will have extra information in them that you do not need. Don't try to use all of the information given unless you know that it is needed to answer the question.

## QUESTIONS WITH MAPS, CHARTS, AND TABLES:

Pay careful attention to the Key or Legend. Sometimes one image will represent multiple items. Read the key first!

## DO NOT SPEND TOO MUCH TIME ON TOUGH QUESTIONS.

Skip the difficult ones and go back to them when you finish. This will lessen frustration. Don't forget to go back and finish them!

## USE ALL OF THE TIME TO GO BACK AND CHECK YOUR WORK.

You might be tired and ready to quit by the time you finish. However, it is important to go back and check your work. We often make careless mistakes that can easily be corrected. Be sure that you answered all questions. Even if you don't know the answer, take a guess.