

# Are you feeling anxious?

#elsafriday

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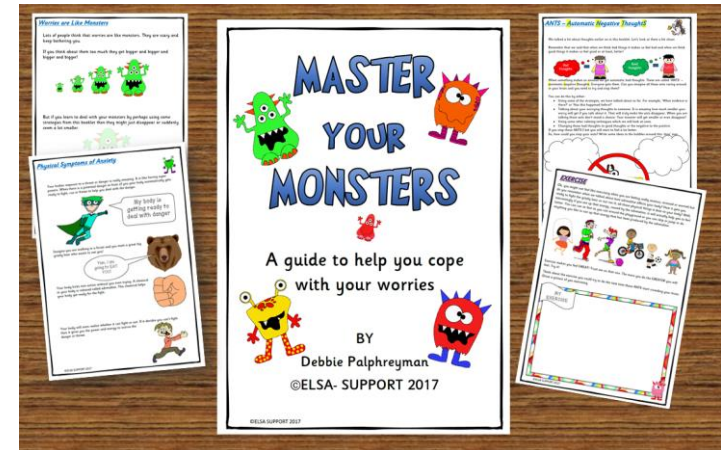
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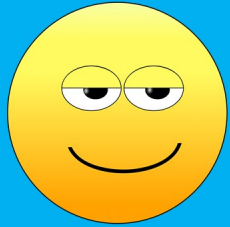
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# Are you feeling anxious?



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4

5



How anxious do I feel?

Calming strategies to try before a test:

1. Breathing exercises
2. Focus on the positive – change your negative thoughts to positive ones.
3. Calming down exercises
4. Grounding techniques – What can you see, hear, feel, touch, taste?
5. Exercise – burns off that nervous energy.
6. Good nights sleep before the test so you don't feel tired.
7. Good breakfast – eating gives you good energy.
8. Positive self talk – 'I can do it!' 'I am amazing'

Try to use these techniques to reduce your anxiety. A little anxiety before a test is good. It is normal to feel a bit nervous. It helps you perform better.

