

Ten Tips for Reducing Test Stress

1. Relax.

- Let your mind breathe! Focus on your breath to calm yourself down. Deep breaths are helpful in calming both your mind and your body.

2. Stop studying at least 30 minutes before the test.

- Taking a break right before the test is necessary. A last minute marathon session of studying will not improve your knowledge of the information and will make you more anxious than you already are.

3. Think positively.

- Adopt a positive mindset that dwells on your successes. Negative thoughts will only increase your level of stress. Try adopting a positive test mantra that you can repeat when feeling anxious.
 - Examples include: "I am prepared. I can pass this test." "Speed does not equal knowledge."

4. Don't talk about the test!

- Avoid talking about the test immediately before or after. This will raise your anxiety level.

5. Focus on the task at hand.

- No matter what is going on in your life, your only job while taking the test is to take the test. Focus on the test itself. Everything outside the test will still be there when you finish.

6. Take care of your body.

- Make sure to eat healthy. While coffee may feel helpful in the short term, staying well hydrated with water will take you farther in the long term. Also, keeping your body active while giving your mind a break will allow you to focus better when studying.

7. Get plenty of sleep.

- All-nighters aren't as helpful as you think. Get plenty of sleep to keep your mind sharp and calm. Being well rested will reduce your anxiety as you won't be battling additional feelings, like exhaustion.

8. Develop Supportive Routines

- Consistency may provide you with a sense of comfort when preparing for a test day. Repetition can help reduce anxiety. Consider asking someone to send you encouraging texts or emails prior to a test. Knowing that you are supported in your test taking helps.

9. Your test grade does not determine your personal worth.

- This test is a measure of your knowledge on a subject at a given point in time. If you're suffering from test anxiety recalling information can be difficult. It's important to remember that this snapshot in time does not define who you are as a person.

10. Managing test anxiety is a skill.

- There is no one-size-fits-all fix to test stress. Trying different techniques will allow you to find the ones that work. If you run out of workable options or need additional suggestions, consider speaking with someone at CSU Health Network Counseling Services about your test anxiety,

