



4-7-8 Breathing

Inhale for a slow count of 4.
Hold for a fast count of 7.
Exhale for a medium count of 8.



Room Scan

Choose a method of observing your environment (a color, a quality, etc.) and focus on this.



Remember the 10-10-10 Rule

Ask yourself, "Will this matter in 10 minutes, in 10 hours, in 10 days, in 10 months, or in 10 years?"

6 Strategies to Beat Test Anxiety



Get Your Shut Eye

Don't sacrifice sleep for the sake of extra studying. If you want to remember all of the things you've studied, then it's important to "sleep on it."



Context-Dependent Memory

Try to drink the same beverage, wear the same perfume/cologne, or chew the same gum while studying and then test taking.



Don't Avoid the Situation

Remember that the more you avoid, the more you feed your anxiety. Use these tools to help you face your fears.