



EXAM

STRESS

5 TIPS FOR

KEEPING

CALM * *ISH

**The nerves that
you feel leading
up to an exam
are natural, and
in most cases,
functional.**

**You are
experiencing a
stress response
so that you can
be prepared to
think and act
quickly.**

TIPS TO KEEP CALM

- 1. Pace yourself**
- 2. Breathe**
- 3. Check-in with yourself**
- 4. Reset your state**
- 5. Maintain perspective**



1. PACE YOURSELF

If you find yourself rushing through the questions, purposefully slow down.

- Avoid skim-reading or scrolling too quickly.

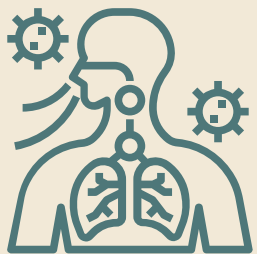
- Sort through notes carefully.



2. BREATHE

It's common to hold your breath or breathe shallowly when nervous.

Purposefully pause regularly to inhale for at least 3 seconds and exhale for longer.



TIP - When breathing in, notice air filling your chest/stomach and emptying when you breathe out.

3. CHECK IN

Now and then, check in with your posture and how your body is feeling.

If you feel tense anywhere, adjust your posture, relax your shoulders, or stretch your arms if possible.

If you are starting to feel overwhelmed, remember to breathe deeply.



4. RESET YOUR STATE

If panic starts to set in, you lose focus, or you start to feel physically uncomfortable, stop for a few moments to regulate.



- Try the 5-4-3-2-1 method (next page)
- Check your temperature, if too hot, sip very cold water or run water over your wrists.
- Close your eyes (or focus on a comforting object) and take 3 deep breaths. Breathe in through your nose for at least 3 seconds and breathe out through your mouth for 5.

5 - 4 - 3 - 2 - 1 METHOD

LIST:

5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste or an
emotion you feel



5. PERSPECTIVE



"I will try my best"

"Regardless of the outcome of this exam, I will be successful in my career"

"Exam performance does not define me as a person."

"I have achieved a lot already"

"When this exam is over, I deserve to celebrate or reward myself"