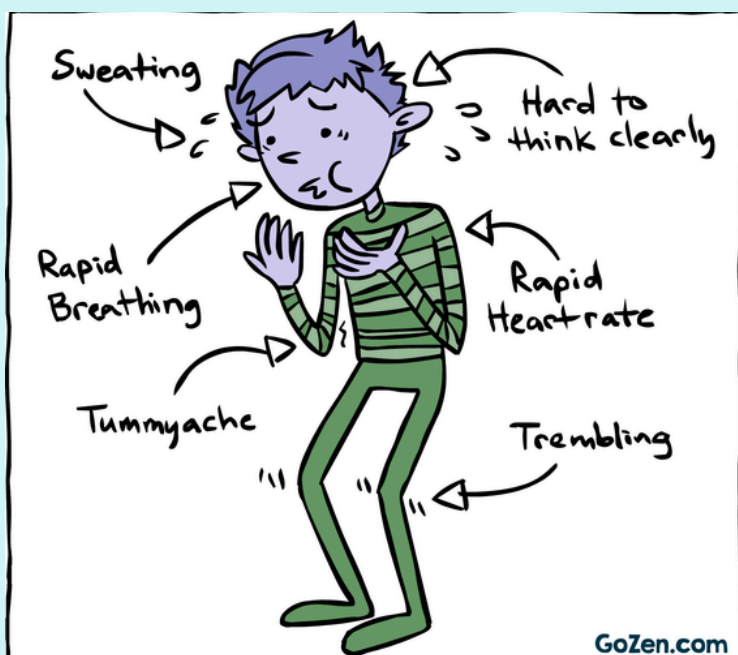


EXAM ANXIETY

wellbeing@ousedale.org.uk

April 2024

HOW IT LOOKS:



ANXIETY IS A FEELING, NOT A FACT. DON'T LET YOUR ANXIETY MAKE YOU BELIEVE THINGS THAT AREN'T TRUE. INSTEAD, FOCUS ON YOUR STRENGTHS AND ABILITIES, AND TRUST YOURSELF TO DO YOUR BEST

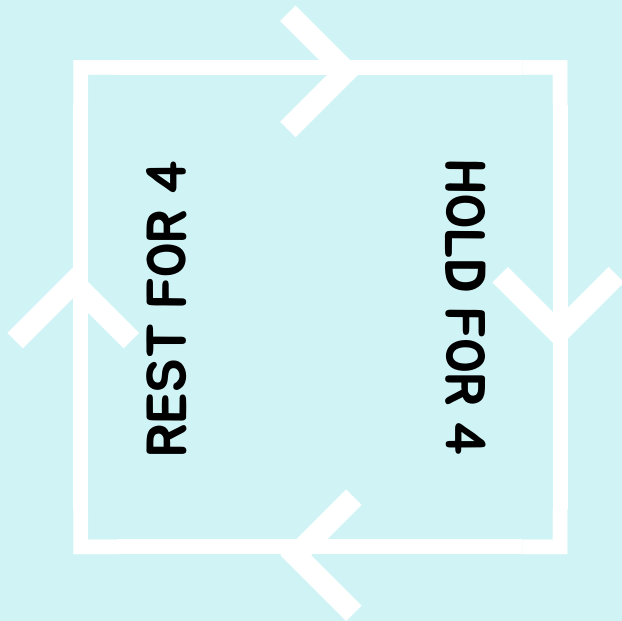
EXAM TIPS

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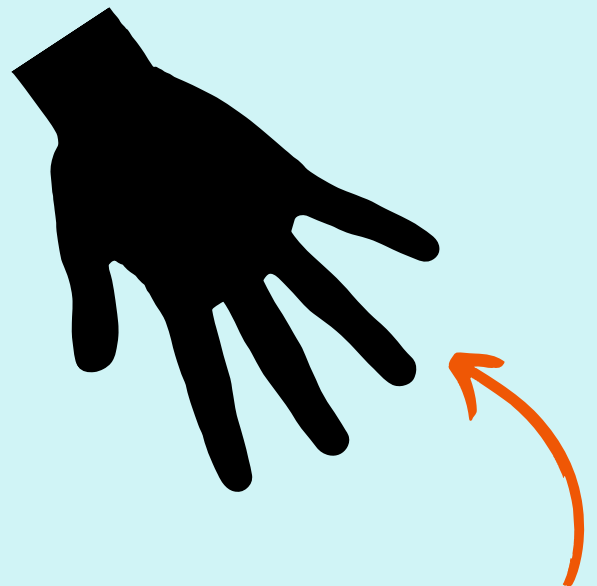
BOX BREATHING:

INHALE FOR 4

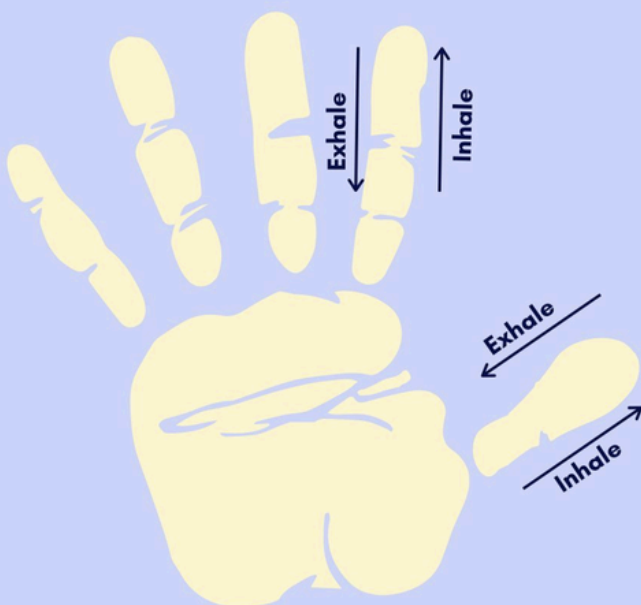


EXHALE FOR 4

REMEMBER THAT
SOME EXAM STRESS
OR ANXIETY IS HUMAN
AND INSTEAD OF
RESISTING IT,
ACKNOWLEDGE IT AS
YOUR BODY
REMINDING YOU TO
BREATHE.



5 Finger Breathing



@SITWITHEKLLY

TRY TO TOUCH EACH FINGER ON
YOUR THUMB ONE AT A TIME, BUT
EACH TIME SKIP THE ONE WITH
THE ARROW. IT GETS TRICKY AS
YOUR BRAIN WANTS TO TOUCH IT.
THIS HELPS TO DISTRACT
ANXIOUS THOUGHTS

EXAM TIPS

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LOOK AROUND THE ROOM YOU ARE IN AND TRY
THIS GROUNDING TECHNIQUE FOR ANXIETY OR
PANIC:



Things that
you can see



Things that
you can touch



Things that
you can hear



Things that
you can smell



Emotion that
you feel



DON'T BE TOO HARD ON YOURSELF. HERE IS A KIND
REMINDER THAT YOUR ACADEMIC RESULTS ARE NOT
YOUR ONLY MEASURE OF SUCCESS.