



Visualizing something melting is a great way to relax, whether it be candle wax being melted by flame or chocolate chips melting in cookies baking in the oven.

1. Imagine a pleasurable, relaxing scene.
2. Let yourself stay with that scene for a few moments.
3. Once you feel relaxed, imagine yourself going in for your test.
4. Imagine yourself calmly sitting down to take your test. As you sit in front of the computer, you say to yourself, "I am prepared. Relax. Concentrate." You calmly read the directions as you begin the test ...

What to do:

Using visualization techniques before a test can help you calm yourself and improve your concentration.

Stress Buster 3: Visualize.

Stress Buster 4: Be physically & mentally prepared.

You've studied hard, so you're academically prepared, but being physically and mentally prepared the day of the test is also crucial.

- 1. Eat a healthy meal ahead of time.** The best meal to eat before a test will include foods that have a lot of protein, including things like eggs, nuts, yogurt and cottage cheese. Avoid foods that have lots of carbs or sugar.
- 2. Avoid excessive stimulants.** If you're not used to consuming energy drinks or lots of coffee, the day you test is not the time to start! Caffeine and other stimulants can cause you to be more anxious and lose focus.
- 3. Get to the test in plenty of time.** Avoid getting to the test "just in time." If you're not familiar with where the testing center is, you may want to practice getting to it ahead of time. Getting to the test ahead of time gives you time to get settled in and relax.



EXAMPLE: "I can never study enough for this test." / "I have studied hard and I know so much more than I did a few weeks ago."

1. Write down any negative thoughts you have about your abilities to test.
 2. For every negative thought you write down, write down a positive, truthful thought.
- What to do:**

The best way to fight negative self-talk you have about testing is with truthful, positive self-talk.

Stress Buster 2: Challenge negative thoughts.

1. Close your eyes.
2. Breathe in slowly and deeply through your nose.
3. Pause before you exhale.
4. Breathe out from your abdomen, slow-o-o-wly.
5. Use each deep breath in as a moment to become aware of any tension in our body. Use each slow breath out as an opportunity to let go of tension.

What to do:

Deep breathing is one of the simplest techniques you can use to reduce anxiety anytime, including before, during and after a test. Breathing deeply provides you with oxygen necessary to think clearly while releasing physical tension at the same time.

Stress Buster 1: Breathe deeply.



Stress Busters for Test Takers

When you think about taking tests, do you get anxious? Even though you've studied hard and know that you're prepared academically, it's natural to experience some stress. Try out some of the suggestions in this booklet to help you keep your cool the next time you take a test!