

Test Anxiety Relaxation Techniques

The Releasing Tension Method

1. Put your feet flat on the floor.
2. With your hands, grab underneath the chair.
3. Push down with your feet and pull up on your chair at the same time for about five seconds.
4. Relax for five to ten seconds.
5. Repeat the procedure two or three times.

The Palming Method

1. Cup your palms over your closed eyes so there is no pressure on your eyeball.
2. Think of a real or imaginary relaxing scene. Mentally visualize this scene. Picture the scene as if you are actually there, looking through your own eyes.
3. Visualize this relaxing scene for one to two minutes.

Deep Breathing

1. Sit straight up in your chair.
2. Slowly inhale through your nose. First fill the lower section of your lungs and work your way up to the upper part of your lungs.
3. Hold your breath for a few seconds then exhale slowly through your mouth.
4. Wait a few seconds and repeat the cycle three to five times.

Say “No” to Negative Self-Talk

Negative self-talk causes you to lose confidence and give up on tests. You need to change negative self-talk to positive self-talk without making unrealistic statements. Examples of negative self-talk are:

- No matter what I do, I will not pass the course.
- I cannot remember these answers so, I'm going to fail this test.
- I failed the last test and I am going to fail this one, too.

Say “Yes” to Positive Self-Talk

Using positive self-talk before and during tests can help reduce test anxiety and build confidence. Examples of positive self-talk are:

- I may have failed the last test, but I now know how to reduce my test anxiety.
- I prepared for this test and I will do the best I can.
- I feel good about myself and my abilities.