



LEAP to Confidence

Conquering Test Anxiety with Tools and Affirmations

The following resources are suggestions to help the testing experience be a calm and successful one. This is not to be a replacement for medication or help from a mental health professional. For more assistance, contact your school counselor or PTA Healthy Minds chair. These resources will work best if used DAILY leading up to testing and DURING the actual test. Tools can be posted in classroom for all students to use if permitted by school. Don't forget to eat breakfast and get a good night's rest! Results may vary.

What is test anxiety?

Test anxiety is a common psychological condition characterized by feelings of apprehension, nervousness, and fear experienced by students before or during exams. It can manifest as physical symptoms such as sweaty palms, racing heartbeat, and difficulty concentrating. For parents and students, it's important to recognize and address these symptoms to create a supportive environment for effective coping strategies and improved performance during tests.

Relaxation Tools

1. **Deep Breathing:** Inhale slowly through your nose, hold for a few seconds, and exhale slowly through your mouth. Repeat this process to help calm your nervous system.
2. **Progressive Muscle Relaxation:** Tense and then gradually release each muscle group, starting from your toes and working your way up to your head. This can help release physical tension.
3. **Visualization:** Imagine yourself in a calm and positive scenario, such as a favorite place or successfully completing the test. Visualization can help shift your mindset.
4. **Mindfulness Meditation:** Focus on the present moment without judgment. Pay attention to your breath, sensations, or surroundings. Mindfulness can help center your thoughts.
5. **Quick Physical Activity:** Take a short walk or do some light stretches to release built-up tension and increase blood flow, which can positively impact your mood and concentration.

Affirmations

1. "I am ready for this test, and I can do it!"
2. "I worked hard, and my hard work will show."
3. "I believe in myself and my ability to remember."
4. "Each question is a chance for me to show what I know."
5. "I am calm, focused, and can do my best on the test."
6. "Mistakes help me learn, and I'm okay with that."
7. "I am smart, and I can figure out any problem."
8. "I feel confident in my abilities and knowledge."
9. "I am brave, and I can handle any challenge."
10. "I am more than just a test; I am a great learner and a hard worker."