

## Manage Your Mindset

Thoughts are not facts! Learn to challenge anxious thoughts about exams when you notice them.

How much do I actually believe this? (0-100%)

What would I say to a friend who thought this?

Is this true or am I wearing the Gloomy Glasses?



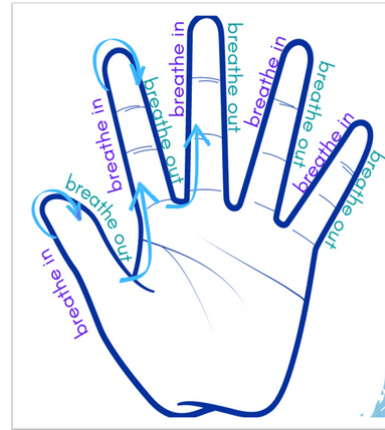
What evidence do I have this is not true?

What is making me think this way?

What else might be true/what else could happen?

What would be a more balanced view?

## Deep Breathing



# Managing Exam & Revision Anxiety

## Muscle Relaxation

Hold each stretch for around 10 secs, relax, then repeat two more times before moving onto the next muscle group.

Focus on how your body feels when you tense then release.

The more you practice, the more effective it will be!

- Face** Scrunch up your face as tight as you can
- Neck & Shoulders** Gently drop your head and raise your shoulders
- Arms & Back** Stretch your arms out in front of you as straight as possible before reaching up to the sky
- Hands** Clench your hands into fists
- Legs** Stretch your legs out as straight as possible
- Feet** Scrunch your toes before spreading them wide



What can I do during revision breaks to unwind and re-set?

Positive things I can say to myself