

Coping with anxiety during exams transcript

During an exam, if you feel...

panicky, anxious, hopeless, mental blanks, can't breath, dizzy...overwhelmed

Exam anxiety crowds your mind with negative, unhelpful ideas, blocks you remembering what you know, steals your confidence and attention.

Stop and control the stress by:

- Breathe– 5 deep slow breaths (5x a day)
- Remind yourself the knowledge is in your head
- Start with a question you find easier
- Focus on what the question is asking
- Think only one question at a time

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For customised individual assistance see a VU counsellor at Student Engagement:

Phone: 9919 2399, 9919 4418 or 9919 8801

www.betterhealth.vic.gov.au

www.beyondblue.org.au