

CALM CAT!

Test anxiety is a common experience that affects everyone in various ways. It's essential to identify coping strategies that can help you manage feelings of worry, stress, and overwhelm during tests.





HAVE CONFIDENCE
IN YOURSELF!

Replace "I'm going to fail" with
"I've prepared, and I will try my
best".



TAKE A DEEP BREATH
AND IMAGINE A
FAVORITE, CALM PLACE
FOR ONE MINUTE TO
RESET.



RELAX!

You know more than you think you know. You have worked hard and are well prepared. Deep, slow breathing, stretching, or rolling shoulders helps release physical tension.

FELINE FINE!

