

# Day-of Test Anxiety Tips

Written by Sienna Pagett

Here are some steps that help me stay calm and collected as I get ready on the day of a test and while I am taking a test.

## **Step 1: Get enough sleep!**

You'd be surprised how much better our brains function and recall information when we have an adequate amount of sleep. Sleep helps consolidate our learning and is a vital step in studying!

## **Step 2: Eat a solid meal with protein.**

Instead of, or in addition to, that tempting iced coffee in the morning, make sure to have a hearty breakfast with protein that provides needed energy for the body. And make sure to drink water!

## **Step 3: Avoid loads of caffeine.**

We understand that some caffeine and sugar can be unavoidable before an exam, but excess amounts may lead to feeling jittery and even more anxious.

## **Step 4: Consider starting your morning time before the exam with a mindfulness meditation, a quick bit of exercise, a mini dance party, etc.**

Setting the tone for the day can be a great way to train your body that today is not a day to be anxious over, rather it is a day to be centered and relaxed.

## **Step 5: Study your cheat sheet one last time.**

Give yourself a quick refresher on the material, but then put it away. Remind yourself that you spent time studying and are prepared for the test.

## **Step 6: Write down a reaffirming message that you believe.**

Some examples are:

"I typically do well on my exams, and this exam is no different".

"If I don't do well, there will be more opportunities to improve my grade in the future".

## **Step 7: End your morning time with a calming but arousing activity like a short bit of exercise, dancing in your room, singing to a couple favorite songs, etc.**

This will help you center yourself before the exam and distract your body from any internal sensations of anxiety.

## **Step 8: Use the tools you found most helpful from your Sensory Kit on the Go while walking or commuting to the exam.**

Examples include using earplugs, headphones, calming music, essential oils, a stress ball, etc.

## **Step 9: Once you arrive at the exam, take out any calming tools you are able to use during the test.**

Examples include a fidget ring, piece of gum, a hair tie to fidget with, a small grounding object in your pocket, earplugs, etc.

*\*Be sure to check with your school's and teacher's rules about what you can have out during a test and explain the purpose of your calming tools if there are any questions.*

## **Step 10: Do your best and try to remember that this is just ONE exam! You are much more than any one grade.**

Good luck! <3