Dealing With Exam Stress
Action Sheet

1. How does anxiety impact on you in the lead up to exams?

2. What are the physical symptoms that might indicate that relaxation would be a helpful strategy for you?

3. What is deep relaxation? What are some examples of this and which of these appeals to you as a strategy you could try?

4. What are some important things to remember about maintaining a healthy lifestyle? What should you increase? What should you decrease?

5. How does becoming a better time manager help you reduce your pre-exam anxiety?
6. Take the time now to jot down a few ideas for how you might spend down time to give your batteries a recharge and help minimise the impacts of anxiety:

7. What are some of the ways that you could take care of the practical preparation for your exams to help you with your anxiety?

8. Which of the following strategies are important to help you keep your stress levels and anxiety in check?
   a. Get a good night's sleep
   b. Get to your exam venue in good time on the day of the exam
   c. Spend some time quietly on your own before you go into the exam doing some deep breathing exercises
   d. Avoid panicked discussion with fellow students about what might be on the exam
   e. All of the above

9. Jot down a description of yourself successfully being able to demonstrate what you know in the exam room that you can use as a visualisation whenever you start to feel anxious about your exams:

10. What are the basic rules you should employ when coming up with positive self statements that you could give yourself in the lead up to exams? Draft a couple of positive self statements here..

11. Think about what you would tell your own best friend if they were worried about exams and write it down here. Try telling yourself the same thing!