Anne the “Anxiety Buster”
Action Sheet

1. What happens to Anne in the lead up to exams?

2. What happens to Anne during an exam?

3. What were some of the problematic thoughts Anne was having that increased her anxiety?

4. How did we work on helping Anne to challenge these thoughts?

5. What did Anne do to reduce the physiological impacts of anxiety?
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6. Which strategies did Anne choose to help her cope better with anxiety in the exam room?

7. Which of the following things were important for Anne to remember?
   a. Learning to be patient with herself
   b. Learning not to set unrealistic expectations
   c. Coming up with a plan beforehand of what to do if she felt anxious or panicky during her exam
   d. Regularly practicing relaxation exercises so that she was comfortable with them in the lead up to exams and during her exam
   e. All of the above

8. What would you incorporate into your own personalised strategy for dealing with exam anxiety?

Good luck with your exams and in all that you do!