



# Letting Go of Test Anxiety

## Test anxiety has two components, mental and physical

The mental component of stress includes all your thoughts and worries about tests and thinking that you won't do well. The physical component includes feelings, sensations, and tension associated with those thoughts.

### Dealing with Thoughts

1. **Mentally Yell "Stop!"** When you notice that your thoughts are racing, that your mind is cluttered with worry or that your thoughts are spinning out of control, mentally yell, "Stop!" If you're in a situation that allows it, yell it out loud.
2. **Daydream.** When you notice yourself worrying about an upcoming test, substitute your thoughts of doom with visions of something you like to do, or somewhere you like to be.
3. **Visualize success.** Most of us live up to our own expectations, good or bad. If you spend a lot of time mentally rehearsing how it will be to fail, you increase your chances for failure. Instead, take time to rehearse what it will be like when you succeed. Create detailed pictures, actions, and even sounds as part of your visualization.
- 4.

