

## **ANXIETY Resources & Strategies**

A few notes about anxiety up-front... There are some anti-anxiety exercises on the Counseling and Student Development Center web page: <http://www.bucknell.edu/psychological-services/self-help-resources/relaxation-exercises.html>

There is also a short online workshop about test anxiety linked to there: <http://www.wright.edu/counseling/Workshops-SelfHelp.html>

Managing anxiety can happen in lots of ways, but two important categories are Calming, and Controlling.

BEFORE an anxiety event:

- Plan ahead to give yourself enough time to feel prepared (control)
- Have a plan with specific goals/tasks you can check off (control)
- Take mental & physical breaks as you work ahead of time (calm)
- Write out your anxieties and let them go (control)
- Walk or be outside in nature briefly before the event (calm)

DURING a test or other anxiety event:

- Survey/preview the entire thing to know what's coming (control)
- Try looking up and to the left to trigger memory if blanking (control)
- Mentally make a strategic plan to maximize time/points/effort (control)
- Take deep breaths with closed eyes between problems or sections (calm)