ANXIETY Resources & Strategies

If you struggle with test anxiety or especially generalized anxiety, we encourage you to work with a professional mental health provider. To learn more about test anxiety, you can read and watch this short online workshop: http://www.wright.edu/in-the-zone/test-anxiety

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)

You may also want to consider which of these strategies might help you reduce or manage anxiety before or during a test:
- 10 Ways to Overcome Test Anxiety
- Ways to Reduce Test Anxiety
- Relaxation Strategies