

Test Anxiety

(fear of taking tests)



Positive

- Prepare for exam
- Keep a positive attitude
- Relaxation techniques/mindfulness
- Learn good test-taking skills
- Time Management
- Get plenty of sleep (2 nights prior)


- Unhealthy Diet
- Eat a lot of candy
- Too much caffeine
- Don't get enough sleep
- Cram for the exam
- Using unprescribed medications
- Unhealthy thoughts



Negative

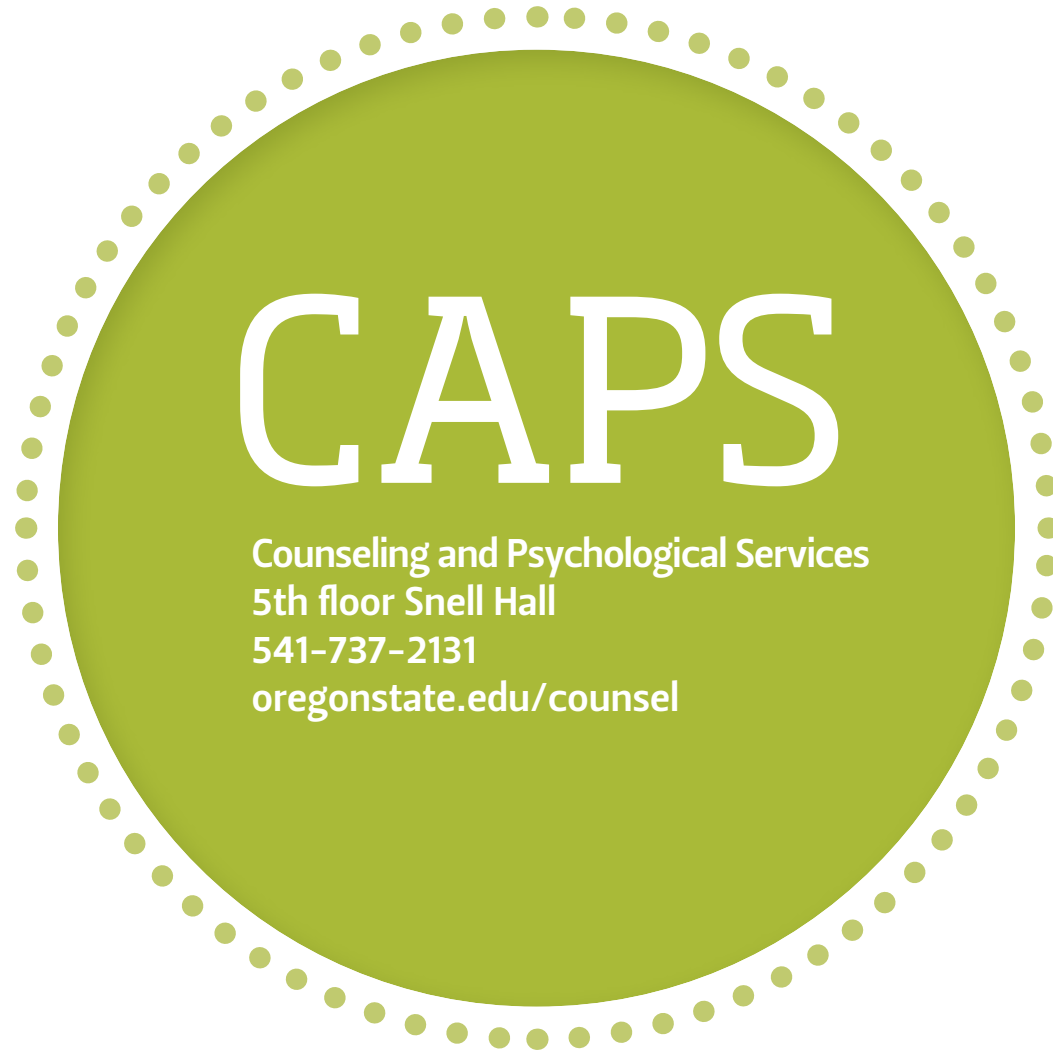
Relaxation Techniques

- Stretch your neck, arms, and back
- Breathe in through the nose and out through the mouth
- Imagine you are in your place of safety
- Visualize being successful
- Say to yourself “I can do this!”



**YOU HAVE
WHAT IT TAKES
TO DO THIS!**

Student Resources



Diet (Eating Habits)

- Avoid excess caffeine
- Eat light, high protein meals
 - This is the best way to power up before an exam
- Avoid high fat, high sodium meals
 - Greasy high-sodium foods will weigh you down mentally and physically



activeminds

changing the conversation
about mental health

Facebook

Active Minds - Oregon State University Chapter

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Website:

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Group Meetings

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GET INVOLVED,
CONTACT US!