**Stress Relief before Tests**

**In the days before the test:**

**1. Prepare and plan your study schedule.**

**2. Stay organized.**

**3. Know the procedures of the test.**

**3. Progressive Muscle Relaxation: tense and relax your muscles one at a time until your whole body is relaxed.**

**4. Use music as needed: lively music to make you more alert, classical music in the background as you study, slow music to help you relax.**

**5. Do slow deep breathing exercises when you feel the tension begin.**

**6. Get physical exercise to keep your mind and body in tune with each other. Oxygen is great for the brain!**

**7. Take power naps (15 to 30 min.) between studying if you need to refresh your brain.**

**8. Make sure to keep a regular sleeping schedule and get 7 to 8 hours a night.**

**9. Make sure you eat healthy food (don’t fill up on junk) and drink lots of water.**

**10. Visualize yourself doing well on your test. Think positive thoughts and squash the negative ones! Find a phrase that works for you. For example, “This is something I am capable of doing!” Repeat it as often as necessary.**

**On test day:**

1. **Eat “brain food” for breakfast, such aS cheese or eggs that contain protein.**
2. **Wear comfortable clothes.**
3. **Exercise a little to get your blood circulating up to your brain.**
4. **Remind yourself of the procedure of the test, check to make sure you have any supplies that you need such as pencils.**
5. **Answer the easy questions first so that you gain confidence.**
6. **If you don’t understand a tough question, try rephrasing it.**
7. **Cover the multiple choice answers, read the question and answer it in your head. Uncover the answers and see if what you thought is one of the choices.**
8. **Relax so that the information can flow to the paper!**