STRESS-FREE TESTING

Tests can be stressful, and for some people, that stress can even bring on symptoms of anxiety. Everyone responds to that pressure in different ways, and learning challenges or mental health conditions can sometimes make it even harder to show what you really know.

It is normal to want to succeed, but there is a difference between the pressure of a big test energizing or motivating you, and the pressure overwhelming you.

COMMON SIGNS OF TEST ANXIETY

- **Physical** - rapid heartbeat, sweating, muscle tension, restlessness, difficulty sleeping
- **Emotional** - excessive worry, feeling panicked, fear of failure, negative self-talk
- **Mental** - difficulty concentrating, racing thoughts

Remember, testing is only one measure of what you've learned—it doesn't capture all of your abilities or potential.

If anxiety about a test is making it hard for you to sleep, eat, study, or anything else - don't try to handle it alone. Talk with a trusted adult about what's going on so they can help you find solutions.

STUDYING TIPS:

- **Build a routine.** Schedule study times and set reminders.
- **Study smarter, not longer.** Try 30-minute sessions with breaks.
- **Switch up your space**. Find a new study spot or take a quick walk.
- **Prioritize sleep.** Rest helps your brain process and remember information.
- **Say it or write it.** Explain concepts aloud and handwrite notes.
- **Use your resources.** Ask teachers about review sessions and share notes with friends.



RESOURCES

HEALTH FOR TEENS

Read advice on self-care during exam season, listen to the "Support Through Your Exams" podcast episode, and explore other **Health Teens** resources.

Teen Sleep Hub

For tips on managing school stress and its impact on sleep, check out **Teen Sleep Hub**.

VOX ATL

Hear from 18-year-old Tiayana, who writes about **practical test strategies** and the value of consistent practice.

988 SUICIDE & CRISIS LIFELINE

988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

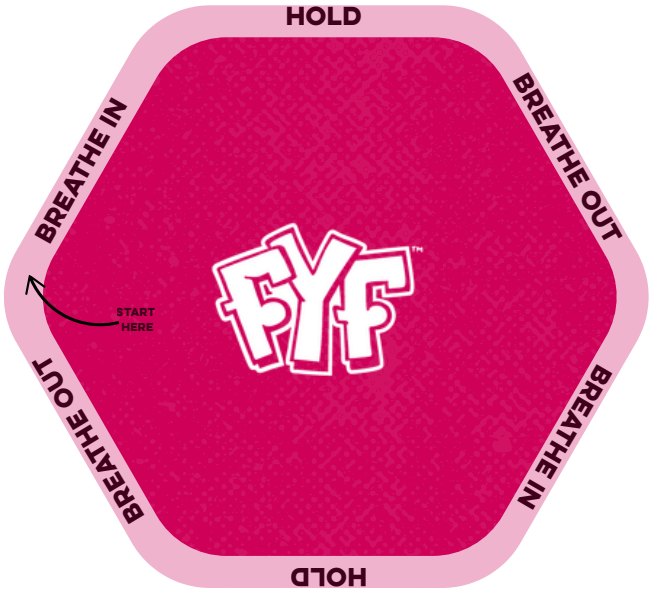
ACTIVITY

Breathing exercises can be great tools to help calm yourself when you feeling anxious before, during, or after a test. Find a friend and practice one of these breathing exercises together.

STAR BREATHING

1. Start at any "Breathe In" side on the star.
2. Trace your finger over the "breathe in" side of the point.
3. Hold your breath when your finger gets to the tip of the point.
4. Breathe out as you trace your finger over the other side of the point.
5. Keep going until you reach where you started.
6. When you trace the whole star, you will have completed 5 deep breaths.





SIDE BREATHING

1. Start at the left hand side of the hexagon.
2. Trace your finger over the "breathe in" side as you take a deep breath in.
3. Hold your breath as you trace the second side of the hexagon.
4. Breathe out as you trace the third side of the hexagon.
5. Then repeat for the bottom part of the hexagon.

Follow for more resources!
@freeyourfeelsga

"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

ACCESS MORE RESOURCES AT FREEYOURFEELS.ORG