

EXAMSTRESSCHECK / POCKET CARD

Before the exam: try one

Try each on an ordinary day first. Tick the one that suits you.

☐ **Heart racing? Slow breathing**

Breathe in gently, then let the breath flow out gently. No need to force it or count. Keep going for a minute or two.

☐ **Body tight? Tense and release**

Squeeze your hands or press your feet into the floor for about five seconds. Let go and notice the difference.

☐ **Thoughts racing? Name what is around you**

Silently name a few things you can see, one thing you can feel, and one sound you can hear.

What helped, or my own version:

Stop anything that makes you feel worse. Feeling unwell? Tell a supervisor or someone nearby.

Read it before you go in. Keep it in your bag unless your exam rules allow written material.

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