

WHAT TO DO IF STRESS IS OVERWHELMING YOU DURING AN EXAM

If your stress is getting the better of you during an exam or another situation, you can:



STEP 1

Place your hands on the table or on your knees.

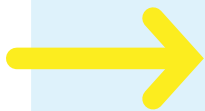
STEP 2

Close your eyes and breathe slowly.



STEP 3

Focus on what you feel under your hands: warmth, cold, the texture of the table or your clothing, any movement, tingling, etc.



You can stay like this until you feel relaxed, which can take 2 to 5 minutes.

Even drinking some water can help take your mind off things and temporarily ease your stress (anxiety).



Taken from
10 questions sur l'anxiété de performance,
Nathalie Parent, Éditions Midi Trente.