



# 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.



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

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

