

# Test Taking – Anxiety

The BRAVE Method

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## **B**reath deeply.

- Take long, slow breaths throughout the test.
- Focus your attention on your breathing to make it steady.

## **R**elax.

- When you feel your insides tightening, try to slowly relax each muscle one at a time. Tell yourself mentally that you are relaxing each muscle. For example relax your leg muscles by telling yourself. “ I am now relaxing my leg muscles
- Start relaxing your muscles from the top of your body and go down. Focus on relaxing your neck muscles.

## **A**ttitude is everything!

- Maintain a positive attitude throughout the entire test.
- During the test, tell yourself “I can do it!”
- Put a star next to the answers that you are sure you got right to show that you can do it!

## **V**isualize yourself in your favourite place.

- When you find yourself becoming very anxious, close your eyes for a few seconds and imagine yourself in your favourite place.

## **E**nd is in sight!

- Even if you feel that the test will last forever, remember that it will be over before you know it and your anxiety will fade!

Source: Learning Toolbox, Steppingstone Technology Grant, James Madison University.