

Mindfulness Tips for Standardized Testing Week

TAKE DEEP BREATHS:

Before and during the test, practice deep breathing to calm your mind and body.

FOCUS ON THE PRESENT:

When you feel overwhelmed, bring your attention back to the present moment by focusing on your breath or the sensations in your body.

POSITIVE SELF-TALK:

Replace negative thoughts with positive affirmations. Remind yourself that you are prepared and capable.

STRETCH AND MOVE:

Take short breaks to stretch and move around to release tension and reset your focus.

VISUALIZATION:

Picture yourself feeling calm, confident, and successful before and during the test.

MINDFUL EATING:

Remember to eat breakfast and snack to fuel your body and brain for optimal performance.

PRIORITIZE REST:

Make sure to get a good night's sleep to rest your body and mind.

