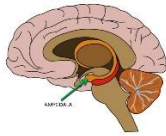


## Nerves at Exam Time – Please Read and Try to practise

- Bite size revision (20mins)
- Remember to use Brain Breaks – 5 mins (after each 20min session)
- Nerves will help during exams. There is a way to use your nervous energy that will help you. The hormones such as adrenaline and cortisol are released that can help us concentrate. Too much of this makes us PANIC as the cortisol floods the part of the brain in the limbic system called the



Amygdala.

- Before an exam, simply visualise the part of the brain that is affected by these hormones being relaxed and clam. If it helps, give that part of your brain a name – AMY (after Amygdala).
- Link this image to breathing in, holding the breath for a second, and then breathe out at the same time push your index finger and thumb together to anchor that thought – soon you will be adrenalized to perform and using the hormones for your benefit.

- If you panic during or before the exam:



1. Hold finger and thumb together
2. Take a deep breath in and say 'I am good'
3. Breathe out and Say 'Amy is not going to flood'
4. Do this  $\frac{3}{4}$  times and it will make you more relaxed and ready for the challenge. Better still practise this before you get nervous.
5. Watch Amy go from being stressed to relaxed in no time at



all.