

Reduce Text Anxiety

- The first key to reducing text anxiety is good basic health - eating, sleeping, exercising - and avoiding mood enhancing foods and drinks like caffeine and alcohol.
- Studying in advance and practicing the way you will be tested allow you to be in the “zone” with your skills. Knowing how to study differently for different types of exams is critical to practicing appropriately.
- Learning a stress management technique can help you to reduce the symptoms of anxiety and stress. Deep breathing, soothing imagery, quiet time, etc. all help to teach your body to slow down so that you can perform to the best of your ability.
- Thinking realistically positive thoughts and practicing your performance positively in your mind increase the likelihood of good performance. Rehearsing disaster has the opposite effect. Learn to stop negative thinking and replace it with appropriate positive thoughts.