

5 Tips to Stay Calm During Exams

1

Get Plenty of Sleep. At least 6-8 hours is ideal for most teens.

2

Eat Well. Your brain needs food! Include protein and plenty of fruits and veggies.

3

Deep Breathing. We have methods on our website or simply download a meditation app.

4

Acceptance. Don't try to push away your anxiety - accept it, but don't let it rule you.

5

Grounding Technique. This method uses your five senses to keep you in the moment. More on the website

Check out our website for more!
watersedgecounseling.com