

Be Proactive

When you pack your school bag, you think about what you'll need for the day ... lunch, pens, textbooks, your phone, sports kit, and so on.

If you know you sometimes feel anxious when you study, make a list of things that help and keep it nearby. This gives you tools to manage anxious feelings before they build up and interrupt your work.

We've included some suggestions below, but you know what works best for you.



Find some fidget toys.

Google calming breathing exercises and write some down.

Download a short anxiety meditation podcast ready to play when you need it.

Make sure you've eaten, you're warm and comfortable before you start.

Write down a list of exercises to do to get rid of excess energy.

Find the plush toy you loved from when you were little as a mascot.