

# Worksheet for Managing Assessment Stress



<b>Self-Care Strategy</b>	<b>Before the Assessment</b>	<b>During the Assessment</b>	<b>After the Assessment</b>
Manage Time	Break the task into small, manageable steps	Use the first few minutes to read all instructions carefully	Review feedback and set one or two improvement goals
Study Effectively	Create and follow a realistic study schedule	Re-read each question before answering	Celebrate your effort, not just your results
Take Breaks	Get a full night's sleep the night before	Take a short pause if you feel stuck (deep breath, stretch)	Do an activity you enjoy to relax
Eat Well	Have a healthy, balanced meal	Drink water to stay hydrated	Avoid comparing your performance to others
Relax & Reset	Practice a breathing or mindfulness exercise	Use positive self-talk ("I can do this")	Share how you're feeling with a trusted person



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3. Circle any symptoms you have experienced in response to stress in each column.

Emotional Symptoms	Physical Symptoms	Behavioural Symptoms
Nervousness or restlessness	Sweaty palms	Avoiding revision or procrastinating
Feeling overwhelmed	Rapid heartbeat	Overstudying without breaks
Irritability or snapping at others	Shaky hands or legs	Asking for excessive reassurance
Fear of failure	Shortness of breath	Withdrawing from friends or group work
Difficulty concentrating	Dry mouth	Forgetfulness or misplacing things
Blank mind during study or exams	Trouble sleeping the night before	Biting pens/pencils
Negative self-talk ("I'm going to fail")	Butterflies in the stomach	Constantly checking notes or timetables
Upset stomach or nausea		

## 4. Optional Reflection:

When you notice these symptoms, what helps you feel calmer or more in control?

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