

Relaxation.

How do we know we are relaxed?

How do we feel? What do we think? What physical signs does our body give? How do we behave?

On a scale of 0-10 (with 0 being not relaxed and 10 being very relaxed).

How relaxed do you feel going into an exam situation?

0 1 2 3 4 5 6 7 8 9 10

Not relaxed at all

Very relaxed

What are you doing that lets you know you are at this point on the scale?

What would need to happen for you to move up one point on the scale?

At what point on the scale would be 'good enough' for you to be going into an exam situation.

"It's all about balance. Making sure we have enough of the 'good stuff' will help us to manage and cope with the challenges we face. Remember stress can be positive, a little bit of stress can help you focus & perform well. As humans we are designed to cope with one-off stressful situations but too much can have a negative impact".

