

EXAM WITHOUT STRESS

PRACTICAL RECOMMENDATIONS

BEFORE THE EXAM

1. Leave one day before the exam to repeat all the answer plans again. Do not repeat the tickets in order, it is better to write the numbers on the pieces of paper and pull, as in exams.
2. It is known that voice, posture, gestures not only "give out" a person's condition, but are able to influence him according to the principle of feedback. Taking a confident pose, starting to speak in a calm and confident voice, you become calmer and more confident in yourself.
3. It is recommended to finish preparing for the exam at 5-6 p.m. on the day before the exam.
4. In the evening before the exam, it is more expedient to do any distracting and soothing thing: go out for a short walk, take a shower.
5. Before the exam, it is important to get a good night's sleep.

PRACTICAL EXERCISES THAT WILL HELP CALM DOWN

«1 + 3 + 10»

Tell yourself: "Stop and calm down" — this is 1. Then three deep breaths with the diaphragm — this is 3. Then a slow count to ten, exhaling with each new number. That's 10. Together = 1 + 3 + 10 .

Relaxation techniques

To use the technique, follow the QR code.



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