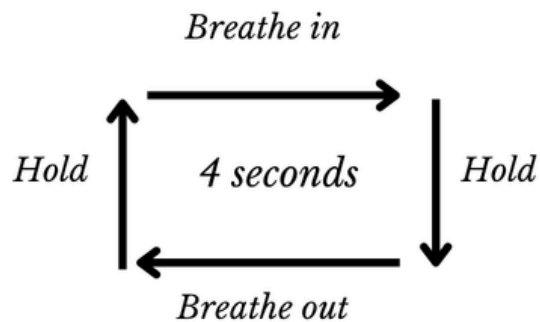


Breathing and Stretching

Yoga/simple stretches can help to relax muscles and physically calm you before a test.

Micro-meditations: Doing a 2-5 minute meditation can help to regulate the nervous system and reduce stress.

Breathing exercises such as **Box Breathing** can help to calm your nervous system and increase mental clarity.



Box Breathing: Breathe in for four counts, hold for four counts, exhale for four counts, and hold for four counts. Repeat.

Study Tips

Use the **Pomodoro Method!** Set a timer for 25 min and work without distractions and take a short 5 min break when the timer goes off. After completing 4 of these intervals, take a 30 min break.

Create a Study Calendar Aim to study over multiple days. Use **active recall** by using flashcards and taking practice tests. Ask your teachers for extra help and resources.

Eliminate Distractions Create a study environment that has all the resources you need for your study session. Take away distractions like your phone, T.V, etc.

Use trusted **online resources** such as Google Classroom, YouTube videos, Khan Academy, and AP classroom for online resources. There are also subject specific textbook and study books at the **school and public libraries!**



*A PHACTT campaign
Developed by teens for teens
in West Hartford, CT*

*Campaign Developed by Stella and Ceci,
Conard High School Class of 2028*



PHACTT
peer | health | awareness | concerns | teen | taskforce



**WEST HARTFORD
PREVENTION
PARTNERSHIP**

Stress and Anxiety

Many students experience high levels of stress and anxiety daily, especially when it comes to test taking and exam season. It is important to remember that you are not alone.

Make sure to get lots of sleep, properly hydrate, and eat enough to fuel your body and brain.

One easy way to reduce stress is by coloring! This activity increases mindfulness and helps the brain and body to relax.



For resources, videos, a studying toolkit, and more information, scan this QR Code!

Color!

