

Visualize Success

Visualizing success before actually taking the test can help ease test anxiety.

Technique: Do this each night as you lay down to go to sleep.

1. Close your eyes. Your brain is much more open to suggestion when the brain waves are in the ALPHA frequency. Closing your eyes allows the brain waves to slow down to the alpha frequency.
2. Take a cleansing breath – a big yawn and an exaggerated sigh.
3. Practice **three rounds** of the 4-2-6 breath.
 - 4-2-6 breath
 - Count to 4 while you breathe in (a diaphragm breath is more calming than a chest breath)
 - Count to 2 while you hold your breath
 - Count to 6 while you breathe out
4. Allow your thoughts to wander into a day-dream.
 - a. Envision entering the room where your test will be taken. Envision sitting down and looking around the room, seeing the computer and/or papers.
 - b. Envision seeing the questions and experiencing the feeling of confidence that comes with knowing that you have prepared adequately.
 - c. Continue to do the 4-2-6 breath, feeling more focused and confident each time you exhale, grateful for the fresh oxygen these deep breaths are sending to the cells throughout your body and brain.
 - d. Experience the feeling of confidence that comes from knowing that you are selecting the right answers.
 - e. Envision the possibility that other students could complete the test before you do, yet you remain confident that you are taking exactly the right amount of time you need to finish on time.
 - f. Envision completing the test within the time limits, still feeling the satisfaction and confidence that comes with a job well done.

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