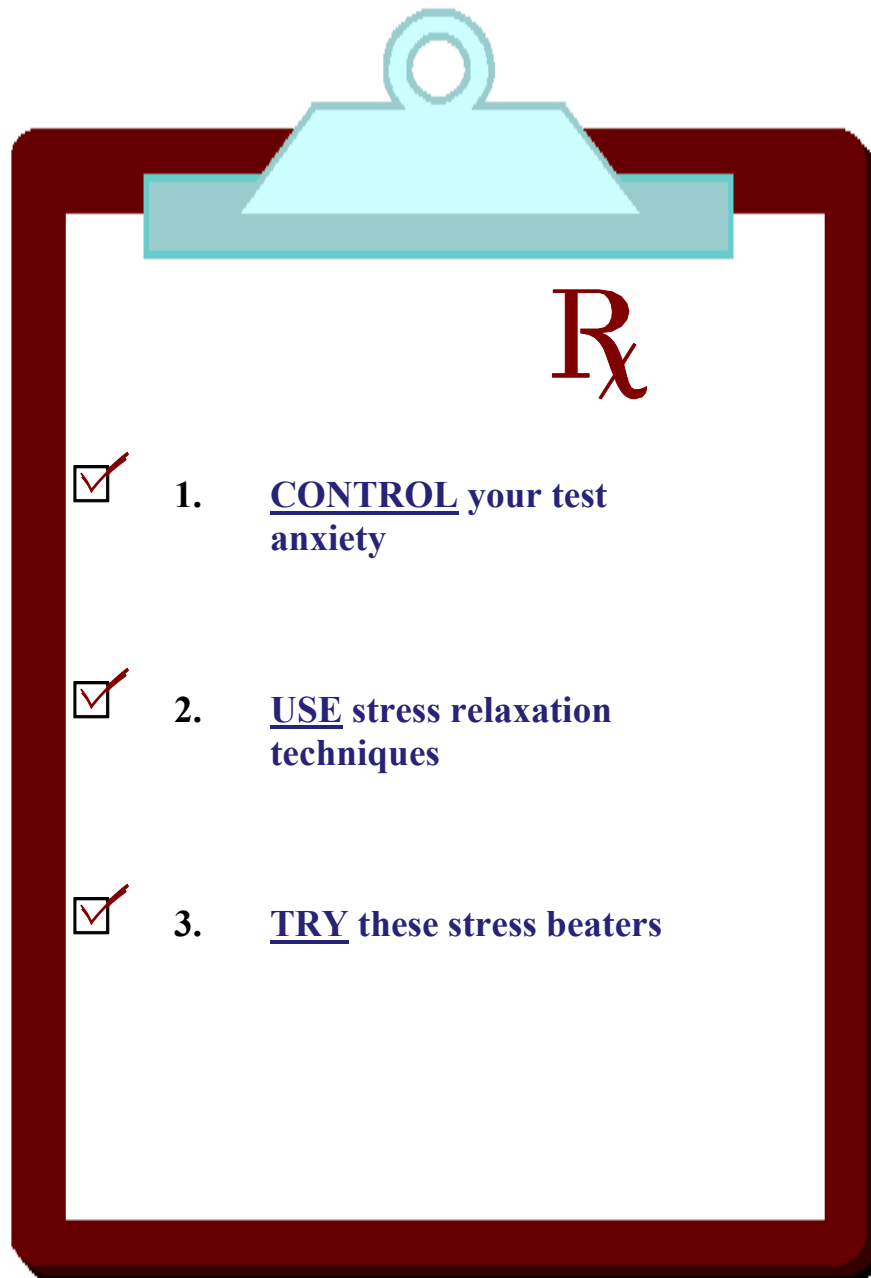


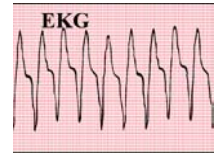
PRESCRIPTION FOR STRANGLING STRESS

Stress can be helpful or harmful depending on the amount of stress you are experiencing and how you are handling it. To guard against the harmful effects of stress, it is important to follow the prescriptions to cure Strangling Stress.





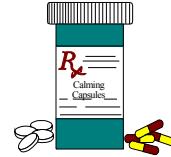
STEP ONE: CONTROL TEST ANXIETY



- 1. Prepare thoroughly for tests using good study techniques and scheduling time wisely.**
- 2. Be prepared mentally and physically.**
- 3. Get to the test room early, but not too early so you become anxious about waiting.**
- 4. Bring all necessary materials.**
- 5. Sit at the front, so others do not distract you.**
- 6. Realize tests should be hard enough that the average is a C; therefore, do not place unrealistic demands on yourself.**
- 7. Control anxiety by relaxing – use relaxation exercises, visualization techniques, or deep breathing exercises.**
- 8. Avoid other tense people – tension is contagious.**
- 9. If your mind goes BLANK, remain calm and be positive. Your brain will keep working while you move on through the test.**



STEP TWO: STRESS RELAXATION TECHNIQUES



These techniques are used to allow you to be in control of the test, and not have the test control you.

Technique I

1. Sit comfortably in your chair.
2. Place one hand on your chest and the other on your upper abdomen.
3. Inhale through your nose. Notice how your abdomen rises as you push air into your lungs.
4. Exhale through your mouth until your lungs empty and abdomen falls.
5. Inhale and count to 4.
6. Exhale and count to 4.
7. Repeat until your mind settles and you are ready to do your test.

Technique II

1. Breathe and count to 3.
2. Clench your fists as tightly as you can.
3. Release your clenched fists slowly to the count of 3.
4. Repeat until the tension eases.

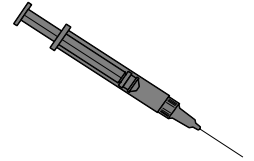
A variation of Technique II is to clench and release each part of your body starting with your toes and working upward to your shoulders.

Technique III

Use this before a test. Visualize everything about the upcoming test. See yourself going to the room, selecting a seat, and getting a test. Visualize yourself taking the test and moving through the questions. Feel the satisfaction of completing the test and doing well. Use as much detail and as many senses as you can.



STEP THREE: STRESS BEATERS



Real stress is unrelieved anxiety that persists over a long period of time. Stress can weaken you physically and impair your ability to think.

- 1. BE REALISTIC** - Know what you can or can't do.
 - Realize what is within your power to change.
 - Don't waste time and energy worrying.
- 2. LEARN TO SAY NO** - Don't be afraid to say you can't do something.
 - Delegate jobs if possible.
- 3. ASK FOR HELP** - Ask friends, family, teachers or counselors for assistance.
- 4. DEAL WITH NEGATIVE PEOPLE** - Express your feelings.
 - Learn to walk away or find new friends.
- 5. LOSE YOURSELF** - Engage in an activity that you can "lose yourself in" such as exercise which has a natural calming effect.
- 6. TREAT YOURSELF** - Pamper yourself.
 - Do something you enjoy.
- 7. GET YOUR LIFE IN ORDER** - Organize; make a list. Set goals and work towards them.
- 8. HELP SOMEONE** - You feel better when you help others and your mind is off your own worries.

