



# Welcome to Wellness Wednesday Zoom Session with Lorraine!



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June 17, 2020 @ 1 pm - 4pm

## **Agenda for Today**

- Update about News
- Check-in & Relaxation Time
- Talks: Taming Text Anxiety
- Drop-in hour (2pm – 4pm)



# News for the Week : June 9 - 17

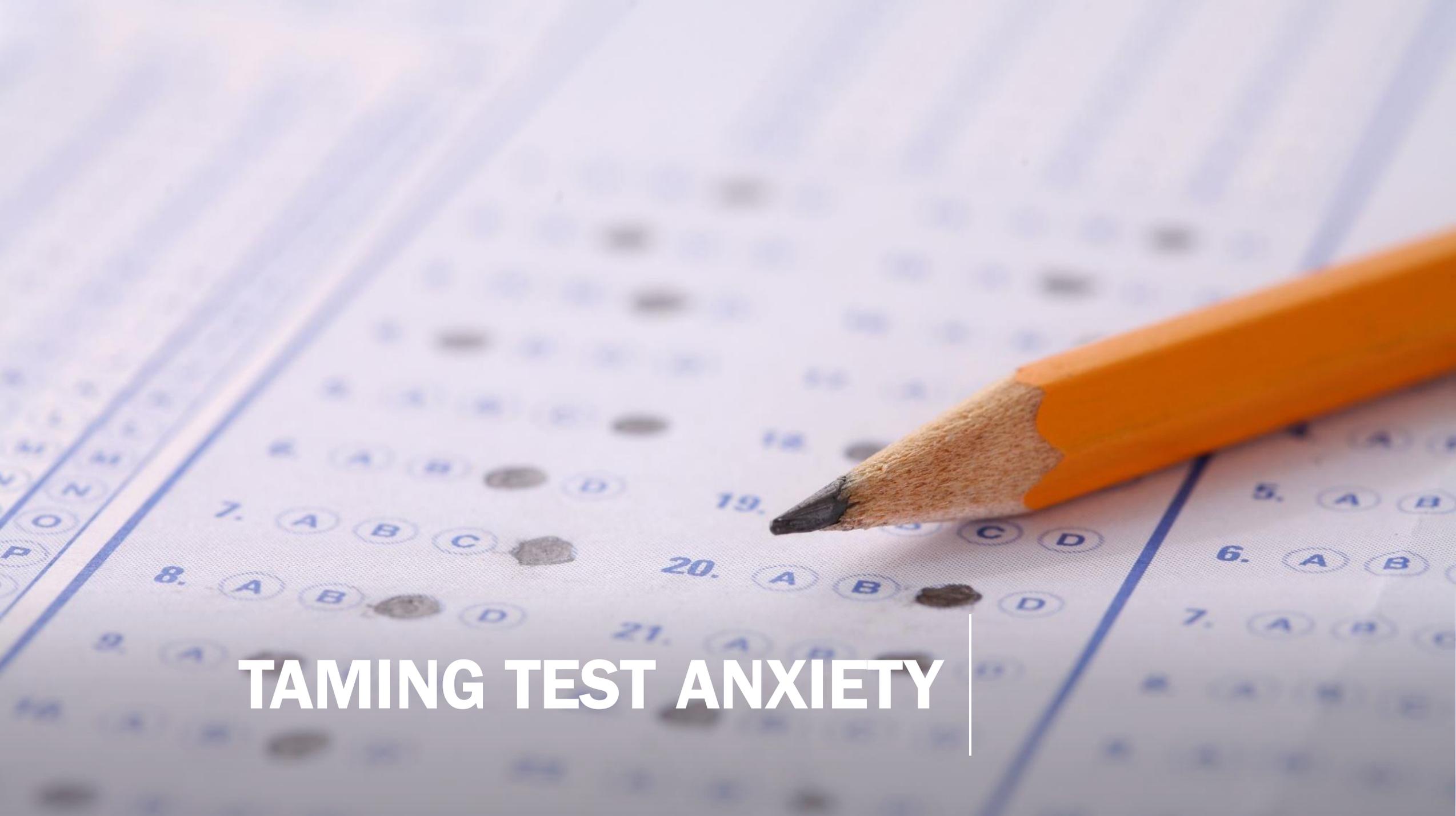
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- BC's Restart Plan: <https://reurl.cc/vDQG0k>
- Temporary allow international students to work more than 20hrs per week in ESSENTIAL SERVICE, until AUGUST 31, 2020.
- Prime Minister Justin Trudeau announced an eight-week extension to the Canada Emergency Response Benefit (CERB).
- Canada-U.S. border remains closed to non-essential travel until July 21
- Group gatherings remain limited to a maximum of 50 people with room for physical distancing

A tropical beach at sunset. The sun is low on the horizon, casting a golden glow over the sky and the water. The sky is filled with soft, white and orange-tinted clouds. The ocean is a vibrant turquoise color, with white foam from the waves washing onto the sandy beach. In the distance, a line of palm trees is visible on the left side of the frame. The overall atmosphere is peaceful and serene.

# Check-in & Relaxation Time

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# TAMING TEST ANXIETY

# What is Test Anxiety?

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Test anxiety is a spectrum – it might look different for each person and the degrees are varied by students. Here are some of the common symptoms:

**Physical** - headaches, nausea or diarrhea, extreme body temperature changes, excessive sweating, shortness of breath, light-headedness or fainting, rapid heartbeat, and/or dry mouth.

**Emotional** - Excessive feelings of fear, disappointment, anger, depression, feelings of helplessness.

**Behavioral** - fidgeting, pacing, substance abuse, avoidance.

**Cognitive** - racing thoughts, 'going blank', difficulty concentrating, negative self-talk, comparing yourself to others, difficulty organizing your thoughts.

# Why do I have test anxiety?

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Poor test history

Fear of failure

Fear of not being able to live up to parents' expectation

Lack of preparation

High pressure

# How can I cope with test anxiety?

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## Physical:

- Getting enough sleep (6 – 8 hours of sleep)
- Have a balanced diet
- Avoid caffeine



## Mental:

- Setting realistic goal (you are not going to get 100% and that is okay)
- Use Visualization technique before the exam (visualizing you feel calm and relaxed during the exam!)
- Familiar yourself with the exam (so you can feel at ease)



## Emotional:

- Write down all your worries on a sheet of paper and throw it away
- Write down positive affirmation to self to boost confidence



There will be some stress, and that is normal. In fact, low amounts of stress is not helpful for having better performance. I just need to take a deep breath.



There will be some questions that catch me off guard, and I might have difficulty remembering some of the materials I have studied. That is normal. I just need to try my very best.



I CAN do this – I just need to take one question at a time.



Although there is a small chance that I might not pass the exam, it does not mean I will not pass the class since I have done well on other assignments.

## Helpful Thoughts & Positive Affirmations



5 things you can see around you. It could be your pen, a spot on the ceiling, anything in your surroundings.



4 things you can touch. It could be your hair, the desk, or the ground under your feet.



3 things you hear. This could be the clock, the car passing outside, even your belly rumbling.



2 things you can smell. Maybe you can smell pencil, your perfume or essential oil.



1 thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

# 5-4-3-2-1 Grounding Technique

# Other Resources

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Guided Visualization for Test Anxiety:

<https://www.anxietycanada.com/articles/test-anxiety/>

MindShift CBT App

<https://www.anxietycanada.com/resources/mindshift-cbt/>



# Q & A

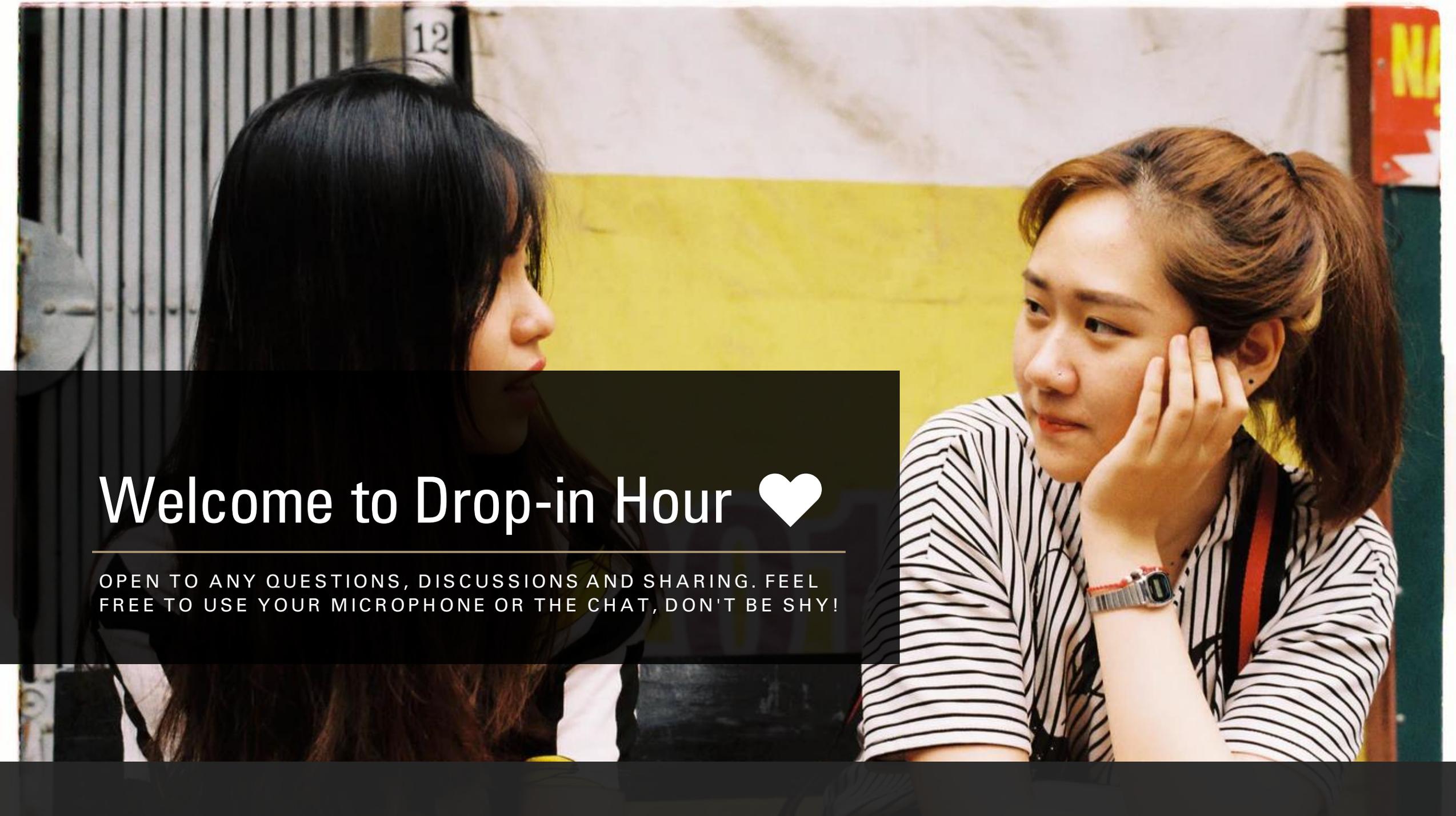
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## References:

[https://www.anxietycanada.com/sites/default/files/Test\\_Anxiety\\_Booklet.pdf](https://www.anxietycanada.com/sites/default/files/Test_Anxiety_Booklet.pdf)

<https://learningcenter.unc.edu/tips-and-tools/tackling-test-anxiety/#:~:text=Test%20anxiety%20is%20a%20combination,a%20number%20of%20difference%20reasons.>

[https://www.unco.edu/tutoring/pdf/study-skills-resources/Understanding\\_Anxiety.pdf](https://www.unco.edu/tutoring/pdf/study-skills-resources/Understanding_Anxiety.pdf)

A photograph of two young women sitting and talking. The woman on the left has long black hair and is wearing a black top. The woman on the right has brown hair tied back, is wearing a black and white striped shirt, and has her hand to her face. The background is a wall with a yellow section and a sign with the number '12'.

# Welcome to Drop-in Hour

OPEN TO ANY QUESTIONS, DISCUSSIONS AND SHARING. FEEL FREE TO USE YOUR MICROPHONE OR THE CHAT, DON'T BE SHY!