

Relaxation Exercises for Test Anxiety

Instructions

1. Listen to the *Relaxation for Test Anxiety* exercise twice a day, perhaps sometime in the morning and sometime in the late afternoon or early evening (just before studying has proven helpful in the past).
2. Listen to the exercise when you are not rushed for time.
3. Listen to the exercise when you are sure you will not be interrupted. Turn your cell phone off, etc.
4. If you fall asleep while listening to the exercise, you are listening when you are too tired, so sleep first and listen afterwards.
5. You should listen to the exercise twice a day for at least two or three weeks, then you may switch to once a day. You may want to resume listening twice a day one week before a major test.
6. If at first you find it too difficult to listen to the full test anxiety hierarchy, *Relaxation for Test Anxiety*, or if you want to just practice relaxation, you can listen to the *Relaxation Only* exercise.
7. For a specific course/subject matter anxiety (such as math anxiety), when listening to the second half of the exercise, imagine yourself in those specific stimulus situations, e.g. studying for your math test, taking a math test, etc.
8. For treatment of any other phobic stimuli, e.g. planes, crowds, presentations, elevators, snakes, etc.:
 - construct your own anxiety hierarchy and substitute it for the test anxiety hierarchy in the last half of the *Relaxation for Text Anxiety* exercise, using the same relaxation instructions.
 - or just add your own anxiety hierarchy to the *Relaxation Only* exercise.
 - you can also try listening to the *Relaxation Only* exercise for a week or two, then begin imagining those hierarchy items that produce the least anxiety for you while listening to the *Relaxation Only* exercise. If all goes well, move up your hierarchy as slowly or as quickly as you find comfortable.
9. Be sure to always end each session feeling relaxed!