



CHECKLIST: STEPS TO MANAGING ANXIETY

- ☐ Practice deep breathing daily
- ☐ Break big tasks into smaller steps
- ☐ Create a calm, quiet study space
- ☐ Practice by simulating real test conditions
- ☐ Challenge negative thoughts with facts
- ☐ Take short breaks while studying
- ☐ Stay connected with mentors and friends
- ☐ Get 7–9 hours of sleep each night
- ☐ Eat balanced meals and move your body
- ☐ Practice mindfulness to stay focused
- ☐ Ask for help early when stress builds up



REMEMBER



You are capable. You are not alone.
And with the right tools, you can succeed
—one step at a time!