

How to Combat Test Anxiety

A MindBridge Math toolkit for Calm,
Focus and Confidence



**Calm
& Focus**

**Courage
& Power**

**Recovery
& Reflect**

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MindBridge Math Mastery

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Recognize your growth in calm, focus, and confidence



MindBridge Math Calm System

Welcome to MindBridge Math's Calm System

Our mission is to blend neuroscience and education to help students build calm, confidence and focus

Your Calm Training Toolkit



Printable Calm Cards



Guided Relaxation audios



Reflection & Tracker Pages

How to Use This Guide

- Start with “Why it works” to understand the science behind Calm Training
- Follow the other pages of practice — 5-10 mins a day is a great place to start
- Notice your growth and celebrate your progress



MindBridge Calm System Flow



Calm & Focus

Build concentration
and relaxation before
studying or taking a
test



Courage & Power

Support Steady Focus
under Pressure



Train Your Calm Response

Deep body-based training
for long-term calm



Recovery & Reflection

Reset and integrate learning
after tests

Over time, this cycle trains the nervous system to recover faster, think clearer,
and stay confident through challenge.



MindBridge Math Calm System

Parent / Educator Companion Sheet

How to Support Calm Testing at Home or in Class



Why This Kit Works

Test anxiety isn't just in the mind — it's a body-brain loop.

These cards train the nervous system to return to calm, focus, and confidence through practice.

You don't need special training. Just model calm and encourage consistency.

Goal: Help students shift from “fight or flight” to “focused and ready.”



How to Use the Kit

The cards and audios are grouped into three color-coded sets:

Deck	When to use	Focus
Clear & Calm	Before studying or before a test	Build calm and concentration
Courage & Power	During a test	Maintain confidence under pressure.
Recovery & Reflection	After the test	Reset, reflect and build resilience

Each card takes about 2–3 minutes to use.
Choose one or two per study session or test day.



3 Ways to Support Calm Testing at Home or in Class

1. Practice Together (Before a Test)

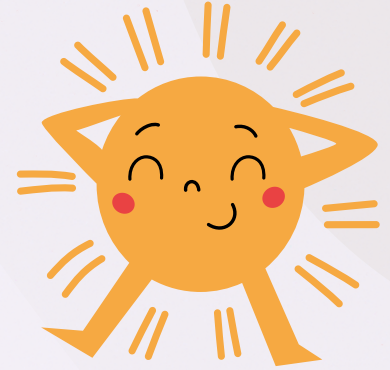
- Pick one card—try breathing or visualization—and do it together for one minute.
- This shows your student that calm is normal and learnable.

2. Model Calm (During Stress)

- If you notice tension, take a slow breath yourself before reminding the student to use their card.
- Children mirror adult regulation faster than instruction.

3. Celebrate Small Wins (After the Test)

- Ask, “Which calm tool helped you today?”
- Write it on the Reflection Page to track growth over time.



Reflection & Growth

Encourage students to complete one quick reflection after each test:

Time	Prompt
Before	What helps me feel ready?
During	What did I do when I felt anxious?
After	What worked best? What will I try next time?



These reflections help students notice progress—the key to rewiring confidence.

A Note from the Creator

This kit was designed so every student—and the adults who guide them—can learn to befriend their stress response.

Calm isn't the absence of nerves; it's confidence in your ability to return to balance. Thank you for helping your student practice that skill.

MindBridge Calm System
Evidence-based tools for calm minds, confident learners, and compassionate educators.
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Why it works



Why It Works

Test anxiety isn't "all in your head"—it's a full-body stress response. When we sense threat (like an exam), our sympathetic nervous system triggers fight-or-flight. These techniques are designed to calm that system and retrain your body to interpret testing as safe, manageable, and even empowering.

1. Deep Diaphragmatic Breathing

Activates the vagus nerve, which lowers heart rate and blood pressure. This tells the brain, "You're safe." Over time, your body learns to recover faster from stress.

2. Progressive Muscle Relaxation (PMR)

Teaches your body the difference between tension and relaxation. Regular practice reduces baseline muscle tension and cortisol levels, improving sleep and concentration.

3. Mindfulness and Grounding Techniques

Shift focus from anxious thoughts to the present moment. This interrupts the loop of worry and re-centers attention on what you can control.

4. Positive Self-Talk

Cognitive-behavioral studies show that replacing negative inner dialogue with self-affirming statements increases task persistence and test performance.



5. Visualization

When you vividly imagine success, your brain fires many of the same pathways used during real performance. This "mental rehearsal" builds confidence and familiarity.

6. Routine and Repetition

Neural rewiring happens through repetition. Using these tools daily trains your nervous system to stay regulated under pressure—turning stress into focus.

These aren't quick fixes; they're nervous system retraining methods supported by decades of research in cognitive-behavioral therapy, biofeedback, and performance psychology.

You're not fighting anxiety—you're retraining your mind and body to work together.



Printing and Assembly Guide



How to Print & Assemble Your MindBridge Calm Cards

1. Choose Your Paper

To make your cards feel sturdy and calming to handle:

- Use cardstock (around 80–100 lb / 200–270 gsm).
- Matte finish works best — reduces glare and feels softer on touch.
- If using a home printer, make sure it supports heavier paper.

Optional tip: For a classroom set, printing on lightly textured paper (linen or watercolor) adds a tactile calming effect.

2. Check Your Printer Settings

To align the fronts and backs perfectly:

- Set paper size to US Letter (8.5 × 11 in) or A4, depending on your region.
- Choose “Actual Size” or “100% scale” (avoid “Fit to Page”).
- Set print quality to High.
- Double-sided printing: choose “Flip on short edge.”
- (This is the key to getting your fronts and backs to line up.)

 Tip: If your printer doesn’t auto-duplex, print all fronts first → reinsert pages (upside down, same orientation) → print backs manually.

3. Test Before You Print All

Always print one test page first:

- Print one sheet (front + back).
- Hold it up to the light — check that alignment matches.
- Adjust printer feed direction if it’s slightly off (some printers flip pages differently).

Once you find the correct feed direction, note it down for future sets.

4. Trim and Finish

- Use a paper cutter for straight edges (scissors can cause uneven lines).
- Cut along the light guides provided in the PDF.
- Optional: round corners for a smoother, professional finish (corner rounders are \$5 on Amazon).

For durability, you can laminate or use self-adhesive laminating sheets — but matte finish alone feels elegant and calming.





Printing and Assembly Guide Cont

5. Organize Your Decks

Each set has a unique color theme:

- Calm & Focus – Teal cards
- Courage & Power – Coral cards
- Recovery & Reflection – Lavender cards



You can clip each deck separately with a small ring binder or store them in labeled envelopes.

6. Access the Audio

Each main title card includes a QR code.

- Open your phone's camera → point it at the code → tap the link that appears.
- You'll hear a short audio track that matches your card set.
- For best results, listen with headphones in a quiet space.
- Each track supports a different phase of calm — Calm & Focus, Courage & Power, and Recovery & Reflection — and you'll find one longer guided session later in this workbook ("Train Your Calm Response").

7. Optional: Create a "Study Ritual"

Encourage users to pair each deck with context:

- Calm & Focus — before studying or testing.
- Courage & Power — during exams or high-stress moments.
- Recovery & Reflection — after tests, journaling, or debriefing.

This gives users structure and a sense of mastery over their stress cycles.



These cards are designed to bring calm to your hands, focus to your mind, and confidence to your heart. You're not just printing cards — you're building a calm test ritual."

**Chill
VIBES**



Relaxation Techniques

1. Deep Breathing

How to do it:

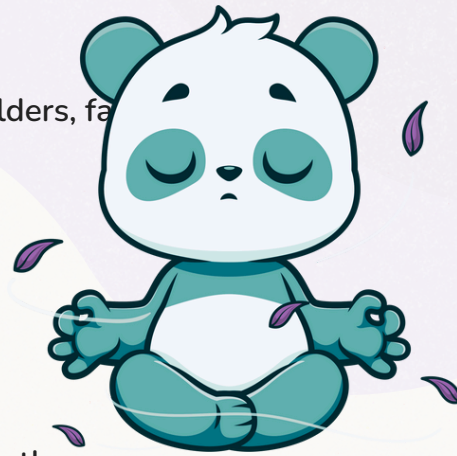
- Sit comfortably with your back straight.
- Inhale slowly through your nose for a count of 4.
- Hold your breath for a count of 4.
- Exhale slowly through your mouth for a count of 6.
- Repeat for 5-10 breaths.



2. Progressive Muscle Relaxation (PMR)

How to do it:

- Find a quiet place to sit or lie down.
- Starting at your feet, tense the muscles tightly for 5-7 seconds.
- Release the tension suddenly and notice the feeling of relaxation.
- Move up each muscle group (calves, thighs, abdomen, arms, shoulders, face).
- Practice for 10-15 minutes daily.



3. Mindfulness Meditation

How to do it:

- Sit quietly and focus on your natural breathing.
- Notice the sensation of each breath entering and leaving.
- When your mind wanders, gently bring attention back to your breath.
- Practice for 5-10 minutes daily.

4. Grounding Technique (5-4-3-2-1 Method)

How to do it:

- Look around and name 5 things you can see.
- Touch 4 things and notice their textures.
- Listen for 3 different sounds.
- Identify 2 different smells.
- Focus on 1 taste (like your toothpaste or gum).
- This redirects attention away from anxiety symptoms.



Relaxation Techniques Cont



5. Visualization (Guided Imagery)

How to do it:

- Close your eyes and take slow, deep breaths.
- Imagine yourself in a peaceful, relaxing place (a beach, forest, or favorite room).
- Engage all your senses: hear birds chirping, feel the breeze.
- Spend 5-10 minutes here to calm nervousness.

6. Brief Physical Activity

How to do it:

- Take a short walk or stretch gently before a test.
- This helps reduce muscle tension and improve blood flow.



Tips for Success

- Practice these techniques regularly before an exam — not just on test day.
- Use the easiest ones you like as “go-to” during tests, like deep breathing.
- Pair relaxation with positive self-talk to maximize effect.



You
got
This!

Progressive Muscle Relaxation



Detailed Directions for PMR

1. Find a comfortable seated or lying position in a quiet place.
2. Take a few deep breaths to prepare and relax.
3. Starting with your feet or hands, tense a muscle group firmly but not to the point of pain.
4. Hold the tension for about 5 seconds while breathing in.
5. Say the word "Relax" silently to yourself while suddenly releasing the tension.
6. Focus on the feeling of relaxation for 10-20 seconds.
7. Move systematically through the body muscle groups in this order:
 - Hands (make fists)
 - Forearms and biceps (bend elbows and tighten front and back of arms)
 - Shoulders (shrug up to ears)
 - Forehead (wrinkle forehead)
 - Eyes (close tightly)
 - Jaw (clench gently)
 - Neck (bend chin to chest)
 - Chest and stomach (tighten abdominal muscles)
 - Buttocks
 - Thighs (tighten muscles, may lift legs slightly)
 - Calves (point toes away and then toward the head)
8. After completing all muscle groups, tense your whole body at once, hold for 5 seconds, then release fully.
9. Slowly bring movement back and open your eyes when ready.



Important notes:

- Avoid holding your breath during tensing; breathe in as you tense and breathe out as you relax.
- Do not overstress or cause pain; the goal is noticeable but gentle tension.
- Practice daily for 10-15 minutes for best results in anxiety reduction.

***Worried about trying to remember the steps? Download the App PMR. Its the first app you see an its completely free. Just change the settings tot start at your feet.

RELAX 10



Self Talk



Scientifically proven positive self-talk scripts help reframe anxious thoughts and support physiological relaxation during testing. The most effective scripts are prepared in advance, tailored to your individual triggers, and used before, during, and after exams.

Before the Exam

- “I’m going to take it one question at a time.”
- “If I don’t know the first question, I will come back to it after I get started.”
- “I won’t eliminate all my anxiety—a little bit is actually helpful if I keep it manageable.”
- “This exam might be difficult, but I believe in my abilities.”



During the Exam

- “It’s ok if someone finishes before me, that doesn’t impact me.”
- “Drawing a blank is natural. I’ll skip and return to this question later.”
- “If I’m unsure of several questions in a row, I’ll take a few deep breaths and refocus.”
- “I knew the material well when I studied.”

After the Exam

- “I finished the exam and I’m proud that I gave it my best effort.”
- “I am pleased with the progress I’m making.”
- “I did what I could for that exam. Now I can focus on what’s next.”
- “If I got a question wrong, that is an opportunity for me to learn. It doesn’t mean I’ll never understand.”

Application Tips

- Pair self-talk with deep breathing or grounding exercises for stronger physiological tension reduction.
- Choose statements that feel realistic and believable, rather than overly optimistic.
- Practice scripts aloud or in writing to build mental habit and automatic recall during real test situations.

These scripts can be customized for your most common triggers (such as seeing others finish early or drawing a temporary blank), helping reduce the body's tension response and improve actual test performance.

Test Anxiety Relaxation & Self-Talk Practice Plan

Daily Practice (Approximately 10-15 minutes)

Deep Diaphragmatic Breathing Warm-Up (3-5 minutes)

- Use the 4-4-6 breathing pattern: Inhale for 4 seconds through nose, hold for 4 seconds, exhale for 6 seconds through mouth.
- Repeat for 5 full breaths.
- Combine with positive self-talk like: "I am in control of my body and mind."



Progressive Muscle Relaxation (7-10 minutes) See PR page

- Tense and release muscle groups from feet to head.
- Focus on the difference between tension and relaxation.
- Repeat positive self-talk after each muscle group: "I am letting go of tension."
- Nonnegotiable scientifically proven to reduce anxiety in all aspects of life after 6 weeks of PMR

Mindfulness Meditation (optional, 5 minutes)

- Sit quietly for 5 mins focusing on breath.
- Let thoughts pass without judgment and return focus to breath.
- Use affirmations silently like: "I am focused, calm, and ready."



Pre-Test Routine (10 Minutes Before Exam)

Brief Physical Activity

- Take a quick walk 2 min walk or perform gentle stretches to release physical tension.

Deep Breathing

- 3-5 rounds of 4-4-6 breathing to slow heart rate.

Grounding Technique (5-4-3-2-1)

- Look around and name 5 things you can see.
- Touch 4 things and notice their textures.
- Listen for 3 different sounds.
- Identify 2 different smells.
- Focus on 1 taste (like your toothpaste or gum).
- This redirects attention away from anxiety symptoms.

Positive
Vibes
Only ¹²



Practice Plan Cont.

Positive Self-Talk (please see page on Self Talk for more ideas)

- Repeat tailored scripts aloud or mentally, e.g.:
 - “I prepared well and am ready.”
 - “I will take it one question at a time.”
 - “I can handle challenges calmly.”



During the Test

When anxiety spikes:

- Pause, close eyes briefly, and take 3 deep diaphragmatic breaths.
- Use quick grounding: quietly identify 3 things seen or 2 things felt.
- Remind self: “It’s okay to feel some anxiety; I’m doing my best.”

Refocus with brief positive reminders:

- “I’ve studied this material.”
- “I can skip and come back to tough questions.”

Structured Question Approach

- Protocol: If stuck, skip and flag question, then return later.



Post-Test Reflection

- Practice 5 minutes of deep breathing or visualization to decompress.
- Use positive self-talk:
 - “I did my best, and that is enough.”
 - “This is one step in my learning journey.”

General Recommendations

- Consistent practice daily even on non-test days.
- Adjust scripts and techniques based on what resonates most with you
- Celebrate incremental progress to build self-efficacy.



This plan offers structured and achievable steps to build relaxation skills and test resilience over time, leading to improved confidence and performance.

Before The Test

Calm & Focus

Preparation builds confidence.

How does my body feel right now?

What helps me focus before a test?

One calm action I'll use today:

My self-talk for this test: "I am _____."

During the Test

Courage and Power

I can stay steady even when I feel nervous.

What made me feel stressed?

What calm card or skill did I use?

How did my body change afterward?

One reminder for next time: _____

After the Test

Recovery & Reflection

Every test is a chance to grow.

What went well this time?

What challenged me?

I learned that I can...

Next time, I'll remember to...



Train Your Calm Response

Guided Progressive Muscle Relaxation

A 9 min audio session to train your body's relaxation response.



Listen to this track when...

- You want to reset after a stressful day.
- You're practicing calm before a test.
- You need to train your body's calm reflex over time.

Scan to Listen

Guided Audio: Train Your Calm Response.
(9 mins)





Train Your Calm Response — — Practice Log



Date	Before (1-5)	After (1-5)	What I Noticed



Calm Scale (1-5)

Use this quick scale
before and after each
session to track your
progress.

- 1 – Very calm, centered,
clear focus
- 2 – Mostly calm, a little
tension left
- 3 – Neutral — alert but
slightly tense
- 4 – Stressed or
distracted
- 5 – Very anxious or
tense

Use this page to track your progress with the Train Your Calm Response guided audio.
Each time you practice, notice how your body and mind respond before and after.
Over time, you'll begin to see your calm response strengthen.





My Calm Confidence Tracker

Notice how your calm, focus, and confidence grow over time.

Week	Calm Level Before (1-5)	Calm Level After (1-5)	Confidence Level (1-5)	What Helped me Stay Calm	Challenges I Faced	Wins this Week
1						
2						
3						
4						
5						
6						

 Note: "Calm Level Before" and "Calm Level After" represent the average of your PMR sessions for that week. Use your PMR Practice Log to calculate these averages.

Calm Scale (1-5)

- 1 – Very calm, centered, clear focus
- 2 – Mostly calm, little tension left
- 3 – Neutral — alert but slightly tense
- 4 – Stressed or distracted
- 5 – Very anxious or tense

Confidence Scale (1-5)

- 1 – Very low confidence
- 2 – Slightly confident
- 3 – Moderate confidence
- 4 – Mostly confident
- 5 – Fully confident, steady focus

 What patterns do I notice between my calm levels and my confidence?
When I feel calmer, how does my confidence change?

For Educators and Clinicians

How to Implement the MindBridge Calm System in Classrooms and Sessions

Purpose

The MindBridge Calm System trains students to regulate their nervous system before, during, and after performance-based stress.

It can be used as a standalone self-calming toolkit or integrated into social-emotional, counseling, or academic support programs.

Implementation Option Recommended Schedule

Daily Calm Routine (3–5 min)

Use one Calm & Focus card or short audio at the start of class, tutoring, or therapy. Helps anchor attention and reduce pre-test anxiety.

Pre-Test Warm-Up (5 min)

Use the Courage & Power deck or affirmation before quizzes, tests, or presentations.

Encourage students to verbalize one statement aloud:
“I’m prepared. I can do one question at a time.”

Post-Test Reset (3–5 min)

Use Recovery & Reflection cards to help students de-stress and integrate learning. Invite journaling or quiet sharing.

Deep Calm Training (10–12 min)

Introduce the Train Your Calm Response (PMR Audio) once or twice weekly.

Students can log their progress on the PMR Practice Log and Calm Confidence Tracker.

Professional Note

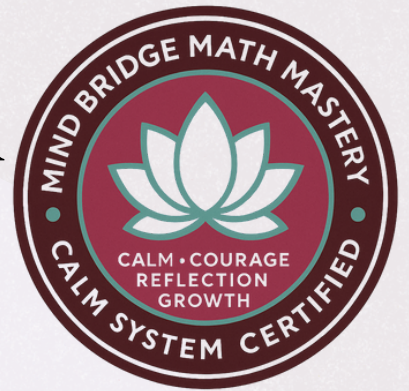
The MindBridge Calm System aligns with evidence-based interventions in cognitive behavioral therapy, mindfulness, and progressive muscle relaxation. Use it as a Tier 1 or Tier 2 support for anxiety, test readiness, and executive-function development.

Day	Practice	Time needed	Goal
Mon/ Wed	PMR Audio	10 mins	Time relaxation reflex
Daily	Calm	2-3 mins	Build habit of regulation
Test Days	Courage	1-2 mins	Support confidence
After Tests	Reflection	3 mins	Decompress and Integrate

Tips for Success

- Model calm breathing and relaxed posture as you guide students.
- Normalize “training calm” like any other academic skill.
- Avoid forced participation — invite curiosity instead.
- Reinforce consistency: calm grows through repetition.
- Track qualitative changes: fewer anxious comments, improved focus, more positive self-talk.

MindBridge Math Calm System



Certificate of Completion

This certifies that

Student's Name

has completed the Calm Training Program and demonstrated consistent growth in calm, focus, and confidence.

Through six weeks of practice using the MindBridge Calm System tools — including calm cards, guided relaxation, and reflective journaling

— this learner has developed greater self-awareness, emotional regulation, and readiness for academic success.

Signature of eEducator/Clinician

Date

Calm & Focus

**Breathe.
Focus.
One step
at a time.**



Calm & Focus

**I can stay
calm and
steady.**



Calm & Focus



**I am in control
of my breath
and my body.**

Calm & Focus



**My mind is
clear, and I
can focus.**

Calm & Focus

Calm minds create focus.



MindBridge Math Mastery

Calm & Focus

Calm minds create focus.



MindBridge Math Mastery

Calm & Focus

Calm minds create focus.



MindBridge Math Mastery

Calm & Focus

Calm minds create focus.



MindBridge Math Mastery

Calm & Focus



**I know more
than I think I
do.**

Calm & Focus



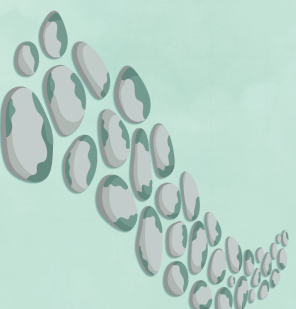
**It's okay to
pause and
breathe.**

Calm & Focus



**Calm helps me
think clearly.**

Calm & Focus



**I can handle
this one
question at
a time.**

Calm & Focus

Calm minds create focus.



MindBridge Math Mastery

Calm & Focus

Calm minds create focus.



MindBridge Math Mastery

Calm & Focus

Calm minds create focus.



MindBridge Math Mastery

Calm & Focus

Calm minds create focus.



MindBridge Math Mastery

Courage & Power



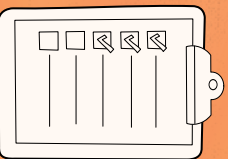
**I breathe,
my mind
remembers.**

Courage & Power



**My pace,
my power.**

Courage & Power



**I'm
prepared.**

Courage & Power



**One question
at a time.**

Courage & Power

Courage fuels clarity.



MindBridge Math Mastery

Courage & Power

Courage fuels clarity.



MindBridge Math Mastery

Courage & Power

Courage fuels clarity.



MindBridge Math Mastery

Courage & Power

Courage fuels clarity.



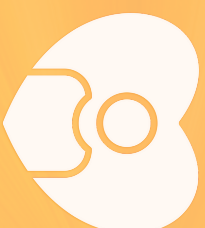
MindBridge Math Mastery

Courage & Power



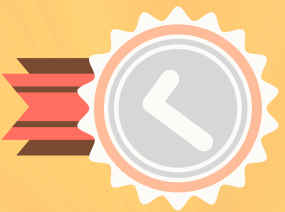
**Mistakes
move me
forward.**

Courage & Power



**Pressure
proves I
care.**

Courage & Power



**I've earned
my seat.**

Courage & Power



**One test,
not my
story.**

Courage & Power

Courage fuels clarity.



MindBridge Math Mastery

Courage & Power

Courage fuels clarity.



MindBridge Math Mastery

Courage & Power

Courage fuels clarity.



MindBridge Math Mastery

Courage & Power

Courage fuels clarity.



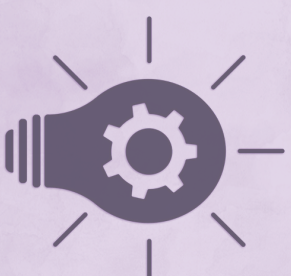
MindBridge Math Mastery

Recovery & Reflection



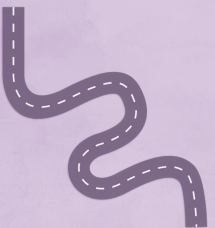
**I did my best
today.**

Recovery & Reflection



**Mistakes
help me see
clearly.**

Recovery & Reflection



**My journey
is my own.**

Recovery & Reflection



**I learned
what I needed
for next time.**

Recovery & Reflection

Growth rests in reflection.



Recovery & Reflection

Growth rests in reflection.



Recovery & Reflection

Growth rests in reflection.

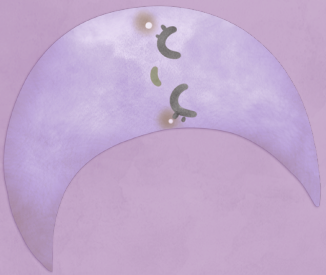


Recovery & Reflection

Growth rests in reflection.



Recovery & Reflection



**The test is
over; I can
rest now.**

Recovery & Reflection



**I showed
up with
courage.**

Recovery & Reflection



**I'm growing
beyond
numbers.**

Recovery & Reflection



**Whatever
comes, I can
handle it.**

Recovery & Reflection

Growth rests in reflection.



Recovery & Reflection

Growth rests in reflection.



Recovery & Reflection

Growth rests in reflection.



Recovery & Reflection

Growth rests in reflection.

