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Before the Exam

- x Prioritize your sleep
 - o Seven (7) or more hours each night
- x Reduce caffeine intake
 - o Too much caffeine can interfere with your sleep and ability concentrate
- x Try out [Progressive Muscle Relaxation](#) [Meditation](#)
 - o Reduce anxiety and focus on the present
- x [Positive Affirmations](#)
 - o I am capable of doing this exam. I am confident and prepared. I will do my best. I am smart and capable. I am strong and resilient. I am a problem solver. I am a team player. I am a leader. I am a follower. I am a learner. I am a doer. I am a achiever. I am a winner. I am a champion. I am a superstar. I am a rockstar. I am a superstar. I am a champion. I am a winner. I am a doer. I am a learner. I am a team player. I am a problem solver. I am strong and resilient. I am smart and capable. I am confident and prepared. I am capable of doing this exam.
 - o Repeat these simple phrases to yourself multiple times a day and when you go to bed
- x Prepare for the exam

References

<https://www.mindful.org/how-to-meditate/>

<https://sass.queensu.ca/resources/online/teachxiety>

<https://studenthealth.oregonstate.edu/healthpromotion/sleep/tips-getting-good>