# Some Thoughts on Exam Anxiety

Some of you mentioned that exams make you nervous and stressed. While a certain level of stress and nervousness can be beneficial and help us focus, too much of it can block our potential, cause anxiety, and impact our mental and physical wellbeing. So if you feel like the stress caused by the exams is impacting you negatively, or if you are experiencing symptoms of anxiety or depression, I would like to strongly encourage you to take some action and look for help. Exam anxiety can be treated! EPFL offers plenty of advice and free psychotherapeutic consultations (`https://actu.epfl.ch/news/tips-on-preparing-mentally-for-your-exams/`). Don't hesitate to take them!

Here are some more things you can do:

- Eat well, sleep well and do lots of sports in the days before the exam.

- On the day just before the exam, try to rather focus on the material you have already understood, and not on new material that you have not understood yet.

- Do not study the night before the exam, but rather watch movies, meet friends, do sport, eat your favorite meal, take a bath,...

- Put on comfortable clothes during the exam and make sure you eat something small before. Also, bring a bottle of water and a small snack to the exam. Focus on your breath.

- Try out the power postures of Amy Cuddy: `https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are#t-1242057`

- Go for walks.

- Mindfulness and meditation are very effective tools to prevent anxiety. You will easily find lots of information on this on the internet (meditation can be quick and easy, for instance, something like `https://www.youtube.com/watch?v=F6eFFCi12v8`). There are also meditation apps and courses.