

Talk BACK to Academic Anxiety

What is Anxiety?

- A natural human response to threat
- Invokes a physiological "fight" or "flight" response which can feel like an increased heart rate; adrenaline flow; rapid, shallow breathing
- Survival value, if the threat is life-threatening



Why does this Happen?

- Most of what we perceive as threatening in modern life is not a life-or-death threat
- Academic anxiety happens when we OVERestimate the threat or UNDERestimate our resources to deal with it

How to Talk back to Academic Anxiety

- "Talk down" the threat! One test will not decide your entire future. Re-frame how you perceive the test and remind yourself it is not life or death. A test is a learning experience to get to know yourself as a learner, continue the strategies that work and try out new ones for the next task if a test does not go well.
- Move your body - practice deep breathing or go for a walk around the block. Give your mind a break by exercising, stretching, finding a type of movement you are comfortable with that will help your body and mind take a moment to pause.
- Practice positive self-talk! Imagine you are speaking to your friend, you wouldn't get angry at them for their mistakes, you would remind them of their strengths. Do the same for yourself!
- Access supports - You are not alone in your academic or well-being journey. While some stress can be a good motivator to start studying, if stress becomes overwhelming it is time to seek support. Speaking with Student Counselling Health & Well-being on campus is a great place to start.

