

Outsmart Test Anxiety

2-Minute
Strategies

FROM NEUROSCIENCE,
NUTRITION, AND
PSYCHOLOGY

New findings in nutrition, neuroscience, and psychology can help students reduce test anxiety, change their thinking, and increase retention of content.



Free Links &
Downloads

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Students can easily master these 2-minute anti-stress strategies to reduce test anxiety. How beneficial can they be? Consider this: When we are stressed, the adrenal glands release a peptide called cortisol, and unfortunately, high cortisol levels lead to the death of brain cells in the hippocampus, an area that is critical to memory formation.

Neuroscience







Download "[Your Brain and Sleep](#)" to help students and parents understand how memory networks fail when the brain loses sleep and that sleep-deprived brains perform 40% worse when a child is trying to take in new information. Parents need to know that "sleep disorders can impair children's IQ as much as lead exposure." [...More](#)

**Outsmart TEST Anxiety
with 2-Minute Strategies
from Neuroscience,
Nutrition, and
Psychology**

**Link to FREE downloads
and sites for ideas you can
use today.**

(If the file does not open automatically after a few minutes, look for its name in the bottom of your browser window or look in your "downloads" folder. Browser and device settings are different for everyone.)

Neuroscience, Continued

-  Download "[Miracle Grow for the Brain](#)" to view astonishing before and after three-dimensional pictures of the brain as vivid PROOF of the power behind this strategy. Also, students can receive "The Miracle Grow Recipe" for ten ways to boost their own brain power. [...More](#)
-  Download "[Feel Like Running Away?](#)" to learn how to physically trigger a cascade of calming effects throughout the body. [...More](#)
-  Download "[Brainy Spray Paint](#)" to help students understand the chemical chain reaction that occurs in the brain every time they have a thought. Learn more about this reaction and how to master a technique to take control of stressful thoughts. [...More](#)
-  Link to the interactive "[Teachley's Amazing Talking Brain](#)" for easy access to brain research and strategies that yield dramatic results in the classroom. What if you could hear your students' brains talk? Find out what they would say. [...More](#)



John Ratey, MD, a Harvard Medical School professor, says just 2 minutes of exercise is enough to change your mood. Note: The movement must raise your heart rate, like squats or jumping jacks.



When stress kicks in, the nervous system directs blood flow to the large muscle groups and *away* from your hands, resulting in *cold hands*. Warming your hands has the potential to fool your nervous system into thinking that everything is OK, according to neuroscientist Marsha Lucas, PhD. (Hey, it's worth a try.) Dr. Lucas also tells us that "relaxing your tongue and jaw sends a message to your brain stem and limbic system to turn off the stress hormones adrenaline and cortisol." Simply let your tongue go limp in your mouth, and then open your mouth slightly, which will instantly loosen up your jaw.

Nutrition



Load up on an all-carb whole grain snack [about 30 grams of carbs] to raise blood sugar, which boosts serotonin, a neurotransmitter associated with positive feelings.



What natural brain foods boost concentration and performance? Find out at [WebMD](#).



According to a Johns Hopkins University study, "the taste of sweetness on your tongue causes a surge of feel-good endorphins." Keep in mind that dark chocolate contains cocoa flavonoids, which improve both mental acuity and attitude. Take only a few bites to avoid the a sugar crash later on. According to a 2009 study by the American Chemical Society, eating a mere 1.4 ounces of dark chocolate daily lowers stress hormone levels. [Source: Prevention Magazine]

Psychology



Download "[The Ant Eater](#)" and help students learn how "Automatic Negative Thoughts" invade the brain and cause us to believe negative things that simply are not true. Discover which "species" of ANTS you have and learn how to get rid of them. ...[More](#)

- 👉 Once students understand how powerful ANTS are [Automatic Negative Thoughts], conduct an "[I Can't Burial](#)" to give those negative thoughts a final farewell before the test. [...More](#)
- 👉 Volatile emotions can interfere with test-taking success, as we all know. Download "[The Write Moods Pencils](#)" to help students become aware of and manage their behavior when emotions are running hot. [...More](#)
- 👉 Download "[The Stew Pot](#)" to help students set aside distracting or troubling thoughts in order to focus on the test or the lesson. Dr. Marzano explains how this process of "bracketing" is critical to help students focus attention on the task at hand. [...More](#)
- 👉 Smiling is soothing, even if you are simply going through the motions, according to a University of Wisconsin study. Use humor to help them *fake it until they make it* through the test. :)
- 👉 Studies show that venting pent-up feelings on paper for at least 10 minutes can help to reduce feelings of anxiety and worry. [[KidsHealth](#) does an outstanding job of helping teens and preteens understand that almost all people experience some form of test anxiety.] [...More](#)