

Anxiety Checklist

- Do you find that you go blank on tests and exams?
- Do you often procrastinate doing assignments?
- Do you find it difficult to sleep before a test or project?
- Do you feel that you worry too much about too many things?
- Do you find it hard to focus on one project at a time?

If you answered YES to most of these questions keep reading for successful strategies to help you reduce your anxiety while learning!

Try 1 new strategy each week and then add another strategy the next week.

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"Howl at an ambulance or fire siren every chance you get.
Run around the room in circles with a sock in your mouth.
Eat a messy meal without using your hands or utensils.
Ask a friend to scratch your belly..."

Need more ideas? Check out these resources:

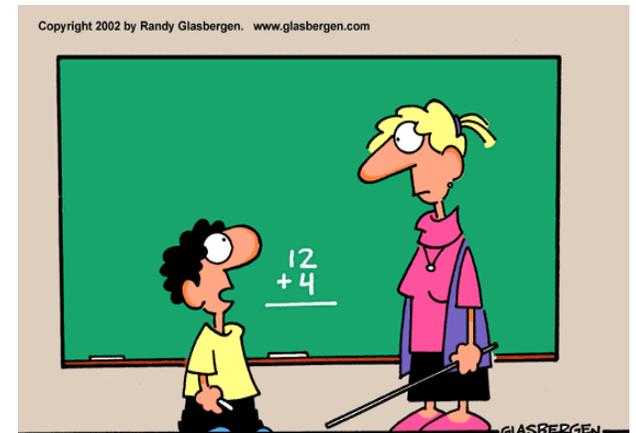
- http://library.queensu.ca/websrs/faculty_guide-Staff.html Excellent Resource at Queen's University
- [http://www.queensu-hcds.org/Resources,AssessmentandLearningStrategies\(RARCandBeWell-DoWell\)](http://www.queensu-hcds.org/Resources,AssessmentandLearningStrategies(RARCandBeWell-DoWell))
- www.ldonline.org Good Technological Resources
- <http://www.parkland.edu/goals/Workshops.html> Online Survival Workshops
- <http://www.metamath.com/lsweb/dvclearn.html> Learning styles

***Above all:** Take care of yourself and focus on the POSITIVE... you **do** have strengths! Make sure your "Self Talk" (what you say internally to yourself about yourself) is positive and that you regularly exercise, sleep and eat!*
☺



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Take Control of your Learning by Reducing your Anxiety



"Do I get partial credit for simply having the courage to get out of bed and face the world again today?"

Research has shown that successful students use these strategies. Try to find a few that work for you!

LIFE STRATEGIES:

Self Care Strategies:

- Laugh! It does a world of good to be able to laugh at yourself and not to take life so seriously.
- Make sure to maintain a regular routine of sleeping, eating and exercising (at least 30 minutes 3 times a week)
- Take 10-30 minutes a day for personal time to de-stress (e.g. reflection, writing in a journal, listening to music, reading, calling a friend, yoga or watching a favourite TV show)
- Learn and practise specific relaxation techniques (visit this website for relaxation techniques: <http://wso.williams.edu:8000/orgs/peerh/stress/relax.html>)
- Reward yourself once you have completed a task

General Strategies:

- Take some time to reflect upon and analyze what the major stressors are in your life and try

to develop small action steps to address these.

- Adjust your expectations and attitudes
- Look at your life globally to get the big picture
- Enjoy the small pleasures of life
- Make realistic small goals for yourself (hourly, daily, weekly, monthly, yearly etc..) and celebrate your successes
- Buy a stress toy to fidget with

ORGANIZATIONAL STRATEGIES:

- Get yourself organized (see organization pamphlet) in your home, school, employment and social life
- Breakdown larger more daunting tasks into smaller detailed tasks and give them each a due date
- Make a "To Do List" of things (the things that are of utmost priority need to be at the top of the list and done first, then priority tasks are listed next and done in turn, then other tasks are listed and should be done last)

NETWORKING STRATEGIES:

- Have study groups, a tutor and/or a friend review notes and discuss lectures and/or assignments
- Get involved in clubs, sports and/or social groups
- Talk to a professional. They are here to help you!
- Have a support network of 2-3 people who can encourage you, help you, and keep you focused

ACCOMMODATIONS:

- Talk to a counsellor
- See a tutor or a peer mentor
- Ask questions of instructors, TA's and fellow classmates regarding expectations for assignments, tests and reports
- Arrange to write tests with extra time and in a separate room.

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"Relax mom...it's macaroni."