

Middle School Stress Management Techniques

Test Stress: Keeping a Healthy Mind & Body

In the middle of studying and testing, it is easy for students to forget to take care of themselves. You can help your students stay healthy physically and mentally by helping them manage stress.

- ❖ **Sleep** – Being tired can make a child’s stress levels increase. Encourage your students to go to bed early the night before a test day.
- ❖ **Eat Healthy** – A balanced and nutritious diet is necessary. It is important to eat plenty of protein, fruits, vegetables, and whole grains. Avoid junk foods.
- ❖ **Exercise** – Encourage your students to play games that involve exercise.
- ❖ **Breathing Exercises** – When students experience a stress response, the quickest way to calm down is to do breathing exercises. It will help reduce anxiety before or even during tests.

Steps:

1. Sit or stand in a relaxed position
 2. Slowly inhale through the nose, counting to five.
 3. Let the air out of the mouth, counting to eight in as it leaves the lungs.
- ❖ **Music** – Music can affect the body in many health-promoting ways. It can help students relieve stress while studying, to “wake up” mentally or to relax.
 - ❖ **Positive Thinking** – Encourage your students to be optimistic. Optimists create and experience better circumstances. Positive thinking will bring your students better health, better relationships and better grades!

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