Calming Your Nerves to Study

Recommended for Grades:

6-12th grade

Practice Description:

This practice helps manage your nerves while studying. Many of us find preparing for tests and writing papers stressful and we avoid studying altogether. These normal feelings and behaviors can be discouraging but by noticing and identifying our stressful thoughts and feelings, we can find a balance of focused energy and kind thoughts to support ourselves.

Transcript:

Welcome to the calming your nerves to study practice.

This practice can help to find a balance of focused energy and kind thoughts during stressful times of preparing for tests or writing papers.

Let's start by getting into a comfortable position with both feet on the floor, and a long, strong back so that your body supports your intention to be awake and aware. Allow your hands to rest in your lap. Try softening your eyes and turning your gaze down toward your knees or to the images on the screen. If you feel comfortable, you may choose to close your eyes.

Think about how you feel when you know that you should be studying for a test or writing a paper.

- *Pause for 3 seconds*

What are some of your feelings? Do you feel anxious, nervous or unfocused?

- *Pause for 3 seconds*

These are types of emotional energy that everyone might experience.

- *Pause for 2 seconds*

Do you have thoughts like, "This is too much!", "It's not worth it." There is no need to believe these thoughts they may be coming from a place of stress.

- *Pause for 3 seconds*

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Do you feel any physical sensations in your shoulders, head, eyes or stomach? Does your heart beat a little faster?

- *Pause for 3 seconds*

To calm down these feelings, gently bring your kind attention to the area in your body with the strongest sensations as you breathe into that area.

- *Pause for 3 seconds*

And as you breathe out, allow the edges of that area to soften. Take several breaths like this.

- *Pause for 5 seconds*

If you would like, place a hand over that area as a reminder that you are bringing a kind and gentle awareness to that area.

- *Pause for 5 seconds*

Breathing into a feeling can help to soften and relieve any tightness or stress.

- *Pause for 2 seconds*

Take a few more nourishing breaths and think to yourself, "I can do this", "I've got this"

- *Pause 5 seconds*

Try to be kind to yourself and recognize that supporting yourself helps to calm your nerves and access your highest and best thinking.

- *Pause for 2 seconds*

Now, visualize yourself sitting with what you need to study, calmly reviewing it all with curiosity.

Imagine yourself completing your work.

- *Pause for 5 seconds*

Take a few more nourishing breaths. When ready, you may open your eyes and bring your attention back to the room around you.

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