

# 6 Ways to Stop Panic Taking Over During an Exam

## Tip #1

**Breathe slowly through your nose and make sure you exhale for as long as you inhale**

## Tip #2

**Remind Yourself that most people feel tense at this point - it is only natural**

## Tip #3

**Remind yourself that panic attacks are not actually dangerous, just unpleasant**

## Tip #4

**Focus on the present, Look or Listen to things around you**

## Tip #5

**Remind yourself of a similar situation which you survived and what helped then**

## Tip #6

**If you feel the panic is getting worse –stop and relax, breathe slowly; close your eyes for a few Minutes**

**Nabila Alhayek**