LOOK AROUND THE ROOM AND FIND 10 BLUE THINGS

Slowly breathe in through your nose, hold for 5 seconds, release through your mouth - Repeat 5 times

Go through the test and answer all of the questions that you know first.

Focus on yourself. Your best effort is all that matters. You are smart and capable.

Engage your senses. What do you see, smell, hear, and feel?

THIS FEELING OF BORDOM, STRESS, AND FRUSTRATION WILL PASS. PUSH THROUGH AND SHOW YOURSELF THAT YOU CAN DO IT!

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