Reducing Anxiety

**The “What if” factor:** One way to reduce anxiety is to counter automatic negative thoughts and “What if” statements you are having, which add to anxiety. For example, you may think:

What if I…

*Don’t know the answer to some of the questions on the exam?*

Then I…

*Will fail the exam.*

And then…

*I will fail the class.*

And then…

*I will drop out of USC.*

And then…

*I will not be able to get a job.*

**Evaluate:** We can overthink our situations when we practice negative self-talk. Evaluate and consider these questions:

1. Which events are realistic?

2. How much of an issue would it actually be?

3. Are you overgeneralizing? Discounting the positives? Jumping to conclusions?

If you catch yourself making negative statements about yourself, counteract it them positive and supportive statements! Write down and rehearse the positive statements to help alleviate anxiety and stress.

 Test Anxiety Strategies