

# MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER)

## RELIEVE TEST STRESS

DAUPHIN COUNTY MH/A/DP  
APRIL 2024- MENTAL HEALTH TIDBIT

### As the academic year starts winding down, testing may ramp up.

Tests can cause anxious feelings for students– and teachers

Parents can help calm your child's nerves.

#### What should I do to support my child?

Encouraging students to practice good mental health can make them more successful in the classroom.

Goal setting, relaxation, and mindfulness. These tips are recommended for children in grades 3-12. Use these with children to get them, and keep them, into the right mindset for school success.

**Goal Setting:** Assist your child with identifying what they want to achieve academically. Write down the steps your child needs to reach each goal. They should aim high but keep it simple so that it is achievable.

**Bonus tip:** It is easy to put off starting a big project or studying for a test until the last minute. Your child will be much less stressed out if they give themselves more time to work on it. Assist you child in noticing when an assignment is due and help them come up with the small daily steps they can take to achieve the assignment on time.

**Relaxation:** Just as it is important for adults to take time to rest and relax every day -- even if it is just 5-10 minute a day. It is also important for children to take a relaxation break. Belly breathing can help the body's nervous system calm down.

- Take a deep breath.
- Fill your belly up with air just like a balloon.
- Hold it in for as long as you can and then slowly exhale.

**Mindfulness:** Getting your child to be focused, to pay attention in a particular way: on purpose and in the present moment. Mindfulness can help you with:

- Relaxing
- Reducing stress
- Helping your child remember things
- Keeping your child from being distracted or disengaged.

#### Ask For Help

Above all, when a child is feeling overwhelmed, they need to know to reach out and ask for help from teachers, family members and friends.

Excerpts from: Wellness Tips for Students [Wellness Tips for Students - On Our Sleeves](#)