

Exam Stress SOS: Quick Mind-Body Grounding

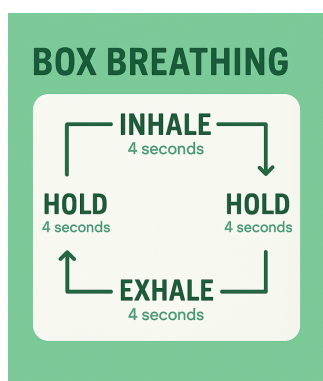


BODY CHECK-IN

How to do it: Notice your feet on the floor, your posture, and loosen your shoulders.

How it helps: Brings you back to your body and out of overthinking.

1



BOX BREATHING

How to do it: Inhale for 4, hold for 4, exhale for 4, relax for 4, repeat this for 5-10 rounds.

How it helps: Calms your nerves and steadies your breathing pattern.

2



MOVE IT OUT

How to do it: Stretch, shake your arms, or take a quick walk.

How it helps: Releases tension and re-energizes your mind.

3



COLD WATER RESET

How to do it: Splash cold water on your face or hold a chilled object.

How it helps: Shifts your body from panic mode to a calm state.

4



AFFIRMATION ANCHOR

How to do it: Repeat a kind phrase like "I'm doing my best, and that's enough."

How it helps: Replaces anxiety with self-compassion and confidence.

5



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*Exams test your
memory, not
your worth.*

*Wishing you calm and
clarity this exam season.*



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