



# Anxiety Attack?

1



Is your brain setting off a **false alarm**?

2



**Think like a scientist!**

*What does the data say?*



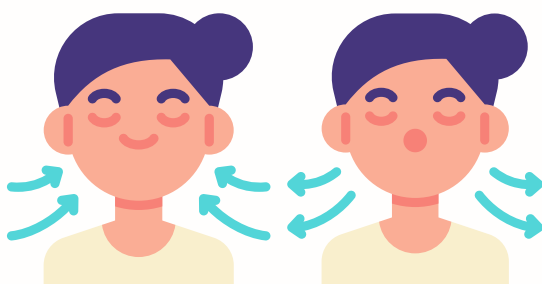
- I've done exams before and remembered lots of information.
- I've done exams before and passed!

3



**Calm your brain down & distract yourself**

4



Try - Deep breathing, meditation, special interest