

Get Your Mind Right



Feeling **nervous**? Want to choose a **positive mindset**?
Remember these **3 tips**!

1 - Take Deep Breaths



Take 3-5 deep breaths to:

- help your body relax.
- increase oxygen flow to the brain.

2 - Repeat Positive Messages

I am **calm**. I am **safe**. I **can** handle this.

Making **mistakes** is part of the game.

They **help me** learn and grow.

I focus on what I **know** to help me figure out what I don't know.

I **show my journey** on paper to break down each problem.

I do not have to try to be perfect. I simply focus on **trying my best**.



3 - Take Care of Yourself



Get plenty
of **sleep**.



Eat **nutritious**
foods.



Stay
hydrated.



Do an **activity**
you **enjoy**.