Feeling overwhelmed before a test?

Feeling overwhelmed before a test is really common.
It might just be your body's alarm system kicking in.

Try box breathing

HOLD
Hold... 2... 3... 4

In... 2... 3... 4 — **IN**

OUT — Out... 2... 3... 4

Hold... 2... 3... 4
HOLD

- Breathe **in** through your nose for 4
- **Hold** for 4
- Breathe **out** slowly for 4
- **Hold** for 4
- **Repeat** a few times

You don't have to do it perfectly.
Just follow the count as best you can.
One breath at a time.