Overcoming Anxiety

- Acknowledge your feelings. Admit that you are anxious.
- Stop thinking irrelevant thoughts or putting yourself down.
- Rework your negative statements into neutral statements and think in positive terms.
- Learn that even failure has a bright side: you can learn from your mistakes. Remember, if you do not take risks, you are not growing. Taking risks mean allowing yourself the freedom to fail.
- Don’t worry about what others may be doing or thinking. It’s what we say to ourselves that counts the most. Think, “I can” or “I want” instead of “what if.”
- Don’t worry about everything at once. Set goals that you can accomplish one step at a time. If you occasionally stray from your goal, don’t give up on yourself. It’s okay to feel guilty for a little while, but resolve to get back on track.
- Practice the situation that makes you anxious. Set up a “dress rehearsal” that is as close to the real life situation as you can make it. Practice the situation over and over in your mind picturing how you will succeed.
- Picture a time when you felt confident about an accomplishment. Focus on all the details of how you felt. Now picture the situation that causes your anxiety. Replay the picture with you feeling confident and succeeding.
- And finally, focus your attention away from yourself and toward the task.

We’ll help you improve your math path.