

# Exam stress

Many people will suffer moments of stress and often feel overwhelmed when having to sit an exam. Many of us will also be able to recall how nerve-racking it can be to take a test. Weeks before the exam, we can experience the sensation of butterflies in our stomach. Our palms get sweaty, our hearts race and we fear our memory will let us down.

Feeling stressed and anxious before an exam is expected and feeling nervous is a natural emotion. Lots of people will find these feelings a motivator and a way to focus on the task, but some of us will find the pressure overwhelming. When these feelings become intense, they can threaten performance. Sometimes the stress can cause a person to achieve below their true potential.

## How hypnotherapy can help you cope with exam stress

Hypnotherapy is a common method used for helping control exam nerves as it can help boost confidence and reduce feelings of anxiety. It can help you develop the ability to access the calm state of mind needed to sit an exam, or cope with a potentially overwhelming situation.

The power of suggestion and visualisation techniques can encourage an individual to clear their racing mind and approach the exam with a cool, focused head. Your mind knows the information you need to pass the exam, but when experiencing exam stress or anxiety, your ability to focus and concentrate will suffer. Hypnotherapy will help you recall the information easily and correctly, as well as help restore your self-belief.

## Staying calm

An important part of hypnotherapy for exam stress is knowing how to remain calm and relaxed, even when the pressure is building. A little bit of stress is good for us and can give us the boost we need, but too much stress can hinder our abilities.

Alongside your hypnotherapy sessions and self-hypnosis techniques, it is important to remain healthy. In order for your mind and body to function properly and cope with the nerves that come with exams, you need to be well rested, continue to eat a balanced diet and remain hydrated. Stress can affect us at any point in our lives. It can sometimes appear unexpectedly, causing us to lose sleep, lose our appetite and forget to take care of ourselves. If you feel your exam stress is affecting your daily

life, hypnotherapy can also be effective for sleep disorders such as [insomnia](#), [panic attacks](#) and [relaxation](#).

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