

# Psychological assistance during examinations

Of course, for pupils and for students in a stressful situation is the exam. Psychologists say that there are young people who, to a lesser extent anxiety, emotional stress and fears before the exam, and there are those that have begun to appear neurotic reactions: high nervous tension, insomnia, depression, various types of obsessive-compulsive disorder, etc. It is to such children, it is desirable to learn ways of relieving emotional tension.

## These include

- combination of exam preparation with intervals associated with physical activity. The choice of activity depends on the tastes and preferences of the person. This can be a favorite sport, running, gym, yoga, swimming or just for fun in mild exercise;
- using anti-stress breathing to calm the mind. The criterion of correctness only two: the exhalation should be slightly longer than inhalation, and having fun. You can breathe while standing, sitting, and lying down. Breath easy and arbitrary. Soft and warm wave of the exhalation, [hire an online essay writer](#) let spreading throughout your body, dissolving all tension and filling with something nice and gentle;
- the use of visiting baths or saunas. Those beneficial processes that occur during a visit to the baths, relax the body and relieve mental stress;
- using relaxation as well as a great method by which you can partially or completely remove the physical or mental stress. Learn relaxation techniques should not when the voltage exceeds the limit, and in advance, while it is not necessary. The important thing when mastering relaxation techniques, not how do some routine work and having fun;
- use sessions with a psychologist.

If there are such things as high blood pressure, tremor, increased sweating, greatly reduced ability to concentrate, panic attacks, etc., that is with the help of a psychologist to change the attitude to yourself. These phenomena occur because the person demands on themselves makes high (to pass the exam just fine), and self-esteem and self-confidence is very low. Naturally there is a strong fear that begins to wear down the nervous system, yet will not lead to breakdown.

It is important to understand that the approach to preparing for exams, fear not to take or to take not very good, different from the approach with the desire to pass as best as possible. In the second case, a person can calmly prepare for the exam, combining study with holidays, to do everything in his power in training, and relatively easy to go for exam. And as practice shows, such people achieve success not only in exams but also later in life. However, for those who like a "cheat" for the negative outcome, a psychologist in the exam is very important.