Practice De-Stressing before a Test, Presentation or challenge:

* Pause and take a few deep breaths.
* Take note of your thoughts, feelings and emotions.
* Identify what it is most important to you in the situation.
* Visualize turning worries into feelings of excitement.
* Recognize that stress is your body’s way of mobilizing resources to help you perform under pressure.
* Focus on the effort and skill not on the results.
* Trust that you have what it takes to do your best.
* Extend a little kindness to yourself and others who are in the same situation.

Linda’s guided meditations on working with emotions before a test or challenge are available on the free app: <http://mindful.usc.edu/mindful-usc-mobile-app/>