

RELAXATION TECHNIQUES

I. The Tensing Technique

Sit in your desk with your feet flat on the floor, grab both sides of your chair and push down with your feet while pulling up on your chair for about 5 seconds. Relax for 5-10 seconds, then repeat the procedure 2-3 times. Relax all your muscles and visualize success on your test.

The Palming Method

Place your palms over your eyes, without touching your eyes. Visualize a relaxing scene for 1-2 minutes. Visualize yourself succeeding at math (Recall the story of the basketball players that visualized their success at free throws). You can be successful at mathematics.

III. Deep Breathing

Sit up straight in your chair and slowly inhale through your nose, filling the lower part of your lungs first then the upper part. Hold your breath for a few seconds, then exhale slowly through your mouth. Wait a few seconds and repeat a few times. Relaxation techniques practiced 10-20 minutes per day produce significant benefits related to academic performance.

IV. Thought Stopping Techniques

When an unwanted thought pops into your mind, focus for a few minutes on the thought, then command yourself loudly to stop or clap your hands or make some loud noise that will interrupt the negative thought (Practice this way before the test and during the test, give yourself those same cues silently). Relax yourself, visualize a calming scene and repeat a positive self-talk message.

Negative Self Talk

Have the student write down the negative comments he/she constantly hears and then change each negative message into a positive one. Have the student practice repeating the positive statements. Surround yourself with positive affirmations.

All of these techniques should be learned and practiced before a test so that they will be a natural solution during a test.

Adapted from:

Nolting, P. D. 2000. *Math study skills workbook*. Boston, NY: Houghton Mifflin Co.