

# EY Center for Careers

## Test Prep | Relaxation | Meditation Guide

### Test Prep Tips:

- Stop studying 1 to 2 hours before the test
- Eat & drink something
- Listen to music / watch a funny video / hang out with friends / read
- Relax / meditate
- Don't review notes in the classroom before the test
- Don't pay attention to other nervous students
- Find questions you can answer and do those first

### Relaxation:

- Take several deep breaths
- Smile
- Think of something funny
- Think of a quiet / relaxing place (i.e., beach in Hawaii, swaying palm trees, breeze, ocean waves)
- Meditate (see below)

### Quick Mediation:

- Sit comfortably
- Close your eyes
- Take a deep breath
- Count and picture the number "3" in your head as you exhale
- Do the same with "2" and "1"
- If you lose the number, just go back to it
- Don't acknowledge distractions

### Deeper Meditation:

- Sit or lie comfortably
- Close your eyes
- Self-Programming:
  - Tell yourself what you are going to do and visualize ("I will count down from 10 to 1, going into a darker and more quiet place, and I will get more and more relaxed as I count down from 10 to 1")
  - Start with "10" – picture and repeat "10" in your head
  - When you have the number fixed, go to the next number ("9")
  - Throughout, remind yourself that you are counting down from 10 to 1, and getting more and more relaxed

### Coming Back Up:

- Reverse the process
- You will count up from "1" to "5"
- As you count up, you will wake up, feel refreshed, and feel relaxed
- Start with "1" and focus on the number
- Then, "2", "3", "4" and "5"
- Tell yourself you are waking up throughout from "1" to "5"
- Open your eyes – you're good to go!