

SELF-REGULATING STRATEGIES FOR STUDYING

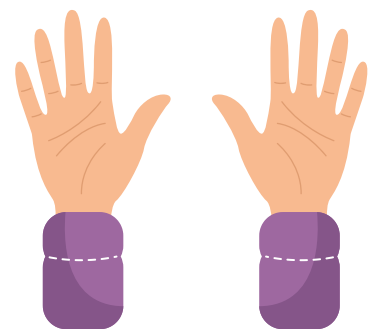


Regulate your breathing



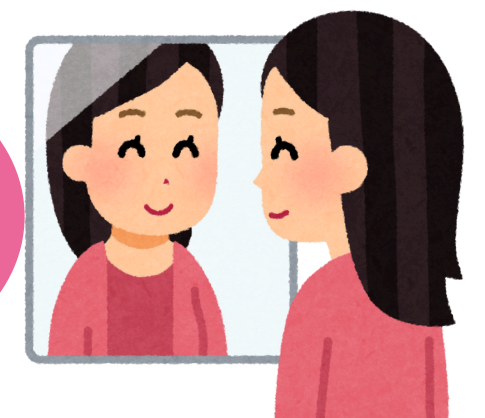
Hydrate! Hydrate! Hydrate!

Take a 2 minute rest break



Count backwards from 50

Repeat some positive affirmations



Journal about how you're feeling

Move away from distractions



Ask for support from a trusted person

