

1. Take some deep breaths. Stress and anxiety trigger your body's "fight or flight" response, flooding your body with adrenaline and making your breaths shallow and rapid.^[1] Fight this stress response by taking some calming **deep breaths**
2. Try Progressive muscle relaxation. Progressive Muscle Relaxation, or PMR, can be very helpful in releasing tension and stress. When you're stressed, your body tenses up, which you may not even realize while you're anxious. PMR teaches you to consciously tense and then release your muscles in groups from head to toe. Once you get the hang of it, it's a helpful way to force your body to relax a bit
3. Get some exercise. You might not feel like hitting the gym or going for a run directly after an exam, but getting some moderate physical activity in is a great way to reduce stress! Exercise produces endorphins, which are natural painkillers that boost your mood. If you're stressed out over your exam, try an aerobic activity like running, swimming, cycling, or even a brisk walk
4. Do something you enjoy to relax. Regardless of your results, you should celebrate the fact that you worked hard on your exams. Reward yourself by doing something you enjoy. If you can do it with friends, all the better
5. Do something to make you laugh. Laughter really is the best medicine. It releases endorphins that make you feel happy, and can even increase your body's ability to tolerate physical pain