RISHI COACHES

Practical support for parents and teenagers

RCI Reg. No. A126278
ESTIMATED TIME: 10 MIN

MOOD & STRESS - CBT COPING SKILLS

Exam Panic & Worry Reset Sheet

Name the worry, check the evidence, and choose one next step.

HOW TO USE: Complete each step in your own words. Short answers are enough.

Participant Name: _____ **Date:** _____ **Target: 10m**

1 NAME THE WORRY

Write the exact scary sentence in your head, such as: "I will forget everything" or "The paper will be too hard."

PRACTICAL TIP: Write the thought as it appears. You do not have to fix it yet.

2 CHECK THE EVIDENCE

Write one fact that supports the worry and one fact that leaves room for another outcome.

PRACTICAL TIP: A worry can feel convincing and still be only one possibility.

3 WRITE A MORE BALANCED THOUGHT

Try a calm, believable sentence: "I feel anxious right now. I can take the paper one question at a time."

PRACTICAL TIP: Choose words that feel true to you; do not force yourself to feel calm.

4 CHOOSE ONE NEXT STEP

Pick a question you recognise, review one prepared topic, or ask a trusted adult or invigilator for help.

PRACTICAL TIP: If you try a slow breathing pause, skip it if it feels uncomfortable or makes you dizzy.