

## **Avoiding the Black Hole of Despair - A Guide to Managing Exam Anxiety**

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### **Introduction**

Anxiety as an emotion gets a bit of a bad press. But in the right circumstances, feeling anxious is what motivates us to do something about a threatening situation. Anxiety is what causes you to jump out of the way of a truck travelling too fast when you are about to cross the road. It helps you avoid fights with people much larger than you. People who do not experience healthy levels of anxiety often get injured. Way back in pre-history, anyone who did not feel anxiety probably did not survive for long.

This booklet is focused very much on handling the kind of anxiety connected with doing exams, but the techniques will work equally well with other types of anxiety.