

CREATE CALM
@LANGLEY HIGH SCHOOL

TEST ANXIETY WORKSHOP



Feb 8, 2023 from 10-11 am
in the Auditorium

Do standardized tests make you feel **anxious** and **stressed**? This workshop can help! The **breath is the thread** that connects the mind and body and can help anchor us during stressful times.

In this workshop, you will learn practical breathing exercises, yoga-inspired movements, and mindful activities to regulate emotions, refocus your mind, and rebalance your nervous system.



SIGN UP IN ADVANCE

**REQUEST LANGLEY LINKS WITH ANNA
BROWN IN STUDENT SERVICES**

***Learn how to release anxiety and stay focused,
energized, and positive during testing.***

www.createcalm.org