

# Managing ARE 5.0<sup>®</sup> Stress



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Effective Techniques and Tips | Amber Book

# What is Exam Stress?

If you have worried, lost sleep, or questioned what to study as a test date approaches, you've experienced exam stress. This type of anxiety can cause difficulty concentrating, heightened emotions, and interrupt your sleep schedule. If you feel this way, it's okay! It's normal to be stressed before an upcoming exam. Luckily, there are some easy strategies to reduce the negative symptoms.

You're feeding your mind information, but you're also responsible for maintaining balance within your body. Healthy habits such as hydrating, breathing, and identifying feelings can support your ability to learn and retain information. The balance will benefit you now and throughout your future as a registered architect.

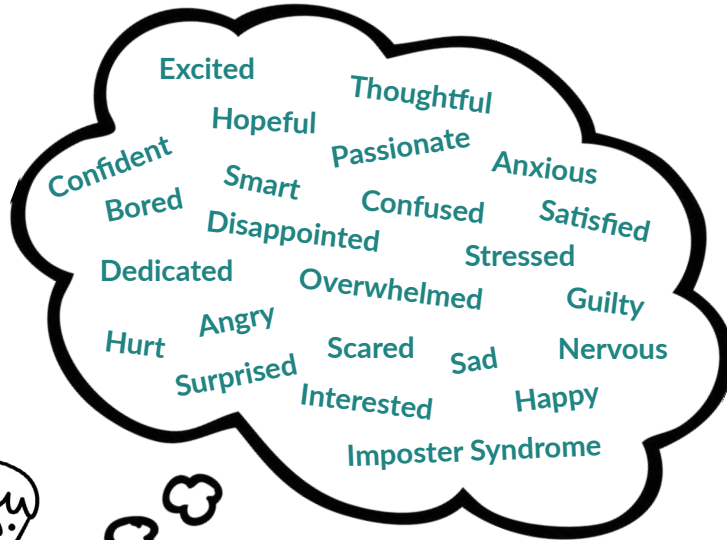
Amber Book is there for you while you prepare for the Architect Registration Exam® (ARE) process. This ebook is meant to help your emotional well-being before and during test taking. Use the prompts, mantras, and breathing exercises within to manage anxiety, stay grounded, and increase awareness of your body.



*"Mantras can help you embody a clearer frame of mind."*



# How to Use This Ebook



- 1 Identify and write your feelings on the top of page 5.
- 2 Take a few minutes to write about why you feel that way.
- 3 Take 10 - 20 breaths (*see breathing exercises on page 6*).
- 4 Take a few minutes to write about how you can look at your situation differently.
- 5 Identify your feelings after the exercise.

*"I am becoming more focused on my studies every day."*

# Exercise Example

*“Today, I take charge of my career. The more I learn, the more opportunities open up before me.”*

**I feel confused.**

**Why I feel this way:**

*As hard as I work, the material is confusing. Even when I pick a place to start, I get overwhelmed by how much there is to learn. I'm not just confused by the topics, but how they will apply on the ARE exams and in practical use throughout my career. If I can't study for and pass a test, how will I ever succeed?*

*I feel like I can't move on until I've understood the section I'm on now, and without understanding this information, I'll fail in learning other aspects.*

**Take a pause and breathe deeply.**

**How can I improve?**

*Any amount of time I spend studying is worthwhile. When I get overwhelmed, I can take a break and remember to not be so hard on myself.*

*Maybe drink more water? Join a study group?*

**Upon reflection, I feel hopeful.**



# Exercise

*"I'm getting better at what I do by learning more every day."*

I feel \_\_\_\_\_.

Why I feel this way:

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Take a pause and breathe deeply.

How can I improve?

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Upon reflection, I feel \_\_\_\_\_.



## Things to consider before you begin:



Get a snack.



Keep a full glass of water nearby.



Take a quick nap, or go to bed early.



Move your body before you sit down to study.



Reach out to someone to decompress.

# Breathing

Anxiety and stress can occur when studying, taking a practice exam, or sitting down on test days. When your palms get sweaty and your heart is racing, you may think there's no way to calm down.

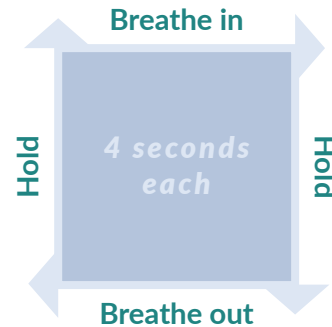
Here are two breathing exercises to help you stay calm and grounded.

## Box Breathing

- Breathe in, counting to four slowly. Feel the air enter your lungs.
- Hold your breath for four seconds.
- Slowly exhale through your mouth for four seconds.
- Repeat steps until you feel re-centered.

## Belly Breathing

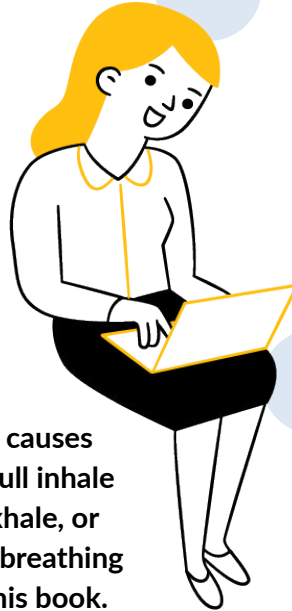
- Place one hand on your belly.
- Breathe deeply in through your nose, filling your belly with air.
- Hold your breath for two counts.
- Exhale slowly through your mouth, making an O shape with your lips.



# Exam Day Tips



Own the day!  
Walk in knowing  
you deserve to  
be there.



If a question causes  
anxiety, do a full inhale  
and a long exhale, or  
use one of the breathing  
exercises in this book.

If you don't know an answer,  
flag it and return to it later.  
Sometimes, future questions  
will help inform your answer.



Be present! You  
worked hard to get  
to the exam.

Deep Breath.  
Amber Book Can  
Help You Pass  
the ARE® 5.0.



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