Psych Yourself into Studying!

It is important not to underestimate your abilities and consequently psych yourself out.

**Stress is good. Too much stress is bad.**

So how do you use the productive, motivating kind of anxiety and manage the overwhelmingly inhibiting kind? The answer is simple, but not always easy to put into practice: check it at the door. Stress can be motivating to get you out of bed and into the library, or your study place of choice, but once you’re there that stress should not enter the library or working zone with you.

Try your best to focus on the course content instead of how worried you are for the exam.

**Have a mantra.**

A mantra is a positive “I” statement to get you through your study session, such as “I am capable.”

If course material seems too difficult, too overwhelming or if you’re simply feeling unmotivated, come back to your mantra and use it to replace your negative thoughts.

**Do any of these work for you?**

- I have done well. I don’t have to be perfect.
- I have control over how I feel, and I choose to feel at peace.
- I grow from all experiences.
- I give myself permission to let go of what no longer serves me.
- I forgive myself for feeling stressed, I completely love and accept myself.
- I am in charge of my stress response.
- I release all expectations that are leading to feelings of stress.
- I cannot do everything, but I can still do something.
- I accept that excellence does not require perfection.
- I will talk to myself as I would talk to someone I love.
- I will accept myself unconditionally thought-out the day, Mistakes and all.
- I have big dreams, I will grow into them.
- I understand that the best way to get something done is to begin.
- I accept that if my plan doesn’t work, I change the plan, not the goal.
- I don’t have to go fast; I just have to go.
- I didn’t come this far to stop here.
- I am doing this for me.
- I see one year as 365 opportunities and possibilities.

**Mantra Suggestions:**

Mantras should be recited in your mind as you inhale, once completed, exhale while visualizing tension being released. Repeat it three times. Mantras give you permission to let go of things, people, and situations that are no longer serving your highest good so you can make room for new and better things.
References


The Centre for Student Academic Support at Carleton University

This resource has been changed from its original format in order to make it more accessible to users. Thank you to the students and staff who have contributed to this resource over the years.