WHAT HAPPENS WHEN YOU’RE NERVOUS? Your heart feels like it’s racing, and your palms become sweaty. This is your nervous system talking. If you’re about to take a test, maybe you’re thinking: “I have to do well on this test. I hope I don’t mess it up,” or “I am going to forget everything!” When we have those thoughts, our nervous system responds. Our heart rates increase, and we feel nervous.

The good news is if you change your thoughts, you can change how you feel by turning off the part of your nervous system that is making you uncomfortable!

In the Nervous Thoughts column below, write down some thoughts that go through your mind when you’re feeling nervous. If you’re not sure, think about how you feel before a test, a tryout or anything else that makes you nervous.

Now, in the Positive Thoughts column, write down some positive thoughts that contradict the nervous ones in the first column. In the Positive Thoughts column, you could write: “I am a smart person. I am prepared for this.” If you replace nervous thoughts with positive thoughts, your nervous system will calm down, and you will feel more relaxed.

POSITIVE HINTS
We sometimes forget that our thoughts strongly influence how we feel and how we behave!