

# How to deal with anxiety before result is released ?



## Do your best Prepare for the worst



Remind yourself that “Choices and ways are more than we expect.”

List out possible scenarios with action plans. Consult teachers, parents or experienced person about their suggestions.

Prepare for the worst: Consider other choices that are suitable for you if you are not admitted by your desired one.

## Relax Be Present



Remind yourself that “I have already prepared well. There is not much that I can change now. Extra worries will not help. ”

Why not focus more on the here and now, plan your daily schedule and do something you enjoy!

## Maintain a healthy lifestyle



Healthy eating. Keep regular daily routine. Do more exercises.

[Breathing exercise](#) and [Progressive Muscle Relaxing Exercise](#) can help relieve stress.

