

**PSYCHOLOGICAL TECHNIQUES FOR REDUCING STRESS DURING TESTING  
AND ASSESSMENT**

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**Annotation:** The article presents psychological techniques that help reduce test-related stress in students. It discusses cognitive restructuring, relaxation, and self-efficacy enhancement as effective approaches for improving emotional regulation during examinations.

**Keywords:** test anxiety, stress reduction, self-efficacy, relaxation, cognitive therapy, student performance.

**Main Part**

Testing anxiety is a common phenomenon that negatively impacts students' academic results. The causes include fear of failure, perfectionism, and lack of preparation.

Psychological methods such as **deep breathing, mindfulness, and positive visualization** reduce physiological arousal and enhance confidence. Cognitive-behavioral techniques help students challenge irrational fears and replace them with realistic expectations.

Teachers can support students by fostering a supportive environment, emphasizing growth rather than comparison, and teaching coping strategies.

**References**

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