

Test Anxiety

- ▶ WHAT: Prevention techniques for Physical Fitness test anxiety
 - ▶ Instructs why we experience test anxiety, how to reduce it and how to improve your training
 - ▶ Skills can be utilized to address other types of test anxiety (ex: PME)
 - ▶ One time briefing
- ▶ WHEN: 2nd and 4th Tuesday of the month at 0900
- ▶ WHERE: Check-in at the Mental Health Clinic front desk
 - ▶ (3rd floor of medical group)
- ▶ WHO: Open to active duty only

