



Recognizing Math Anxiety

Math is Not Scary!

Goal: Sometimes learning new math skills can be overwhelming. Acknowledge your feelings and remember that all of the things you know how to do now, were once new too!

[Tip]: Try a breathing exercise to calm your nerves by taking a slow, deep breath in through your nose, holding for 4 seconds; count to 4 while exhaling through your mouth; then pause for 4 seconds and repeat.

Why is this important? Breathing can be a great strategy to reduce anxiety.

References: Zaccaro, A., Piarulli, A., Laurino, M., Garbella, E., Menicucci, D., Neri, B., & Gemignani, A. (2018). How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing. *Frontiers in human neuroscience*, 12, 353. <https://doi.org/10.3389/fnhum.2018.00353>