

The 4-Minute Reset

Do this while the paper is being handed out.

- 1 Breathe: cyclic sighing *3**
Two short sniffs in through the nose, one long, slow breath out through the mouth.
- 2 Rename the feeling**
"This racing heart is fuel, not fear. My body is getting ready."
- 3 Write the worry out**
Three lines on rough paper. Fold it. Put it away.
- 4 Start with the easiest question**
Win the first five minutes. Momentum calms the mind.

THE NIGHT BEFORE

Sleep 7-9 hours · No new topics · Admit card, pens, water, watch ready · A light dinner

Practise it before every mock, so on the day it is a habit, not a decision.

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IF ... THEN

MY PLAN

IF my mind goes blank **THEN** I mark the question,
breathe out slowly twice, and move on.

IF _____
THEN _____

IF _____
THEN _____

**This exam matters.
I matter more.**

AFTER THE PAPER

Skip the corridor answer-check · Eat and drink water · Rest
30 minutes before the next subject

Need to talk? Tele-MANAS **14416** (free, 24×7) · Childline
1098 · Emergency **112**

Evidence: Balban et al. 2023 (breathing); Jamieson et al. 2010 (reappraisal);
Ramirez & Beilock 2011 (expressive writing); Gollwitzer 1999 (if-then plans).
Educational use only. Dr. Saurabh Kumar, MD (Psychiatry) AllMS · Healthy Minds
India, Patna · patnapsychiatry.com · Ed. 1.0, Oct 2026

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