

## GUIDED PHYSICAL EXERCISES

### Guided physical exercise to ease your academic anxiety.

Take a moment and look around the room. Every person here has dreams, ambitions, and incredible potential. Yet, for many of us, there's a silent shadow that often accompanies our academic journey: anxiety. It's that knot in your stomach before a big exam, that voice telling you that you're not good enough, no matter how hard you work. It's the feeling that one mistake could derail your entire future.

So, Let's us begin with simple physical exercises you can do for relieving your anxiety.

#### 1.Arm Circles:



How to do-

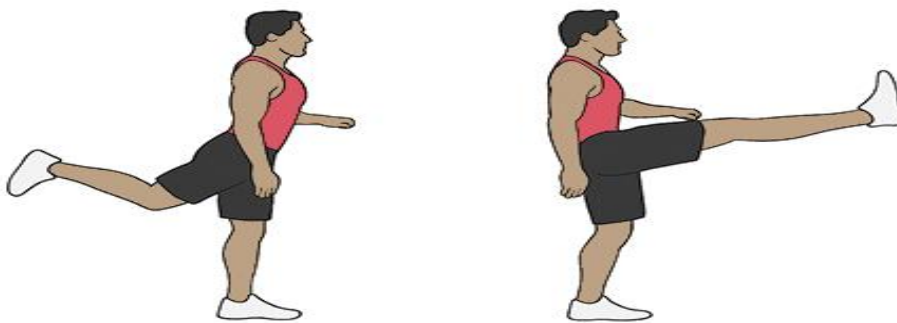
- Stand tall with feet hip-width apart and core lightly engaged.
- Extend your arms straight out to the sides at shoulder height.
- Keep your shoulders relaxed and avoid shrugging.
- Begin making small, controlled circles with your arms forward.
- Gradually increase the size of the circles while staying in control.
- Maintain straight arms without locking the elbows.
- Keep breathing steadily as you rotate.
- After one set of your forward arm circles, reverse direction and make circles backward.
- Keep your torso still — avoid twisting or rocking.
- Stop if you feel sharp pain; you should only feel light muscle burn.

You should do this exercise for 1min 30sec...

This will help to reduce academic anxiety as a form of physical activity that lowers overall stress hormones, releases muscle tension, and improves blood flow to the brain.

Next we are moving onto another exercise that is...

## **2.Leg swings:**



### **How to do-**

- Stand tall and hold onto a wall, pole, or stable object for balance.
- Keep your core engaged and your chest lifted.
- Shift your weight onto one leg, keeping that leg slightly bent.
- Swing the opposite leg forward and backward in a controlled motion.
- Keep your torso upright — avoid leaning too far forward or backward.
- Let the movement come from the hip, not the knee or lower back.
- Start with small swings and gradually increase the height as your muscles warm up.
- Keep the swinging leg straight but not locked.
- Repeat for the desired reps, then switch to the other leg.
- For side-to-side swings, face forward and swing one leg across your body, then out to the side, keeping hips square.

You should do this for 1min 30 sec....

It helps to reduce academic anxiety because they combine movement, rhythm, and physical activation, all of which calm the nervous system and improve mental focus

And the last exercise to finish the whole exercise session is the

### **3.High-knees-**

**How to do-**



- Stand tall with feet hip-width apart and core engaged.
- Keep your chest lifted and your shoulders relaxed.
- Start jogging in place while lifting your knees as high as possible.
- Drive each knee up toward your chest, aiming for hip height or higher.
- Pump your arms naturally in sync with your legs for momentum.
- Land softly on the balls of your feet to reduce impact.
- Maintain a quick, rhythmic pace while keeping your torso upright.
- Avoid leaning back or hunching forward as the knees rise.
- Keep breathing steadily and maintain control of your movements.
- Continue for your desired time or reps, keeping intensity consistent.

You should do this for 1min 30sec....

By this we are ending our exercise session, hope so you enjoyed the session and relieved yourself from your academic anxiety.

*Always remember – “I am stronger than my panic; I have the power to overcome this moment”*

The best  
preparation  
for tomorrow  
is doing your  
best today.

