



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter October 2026

Happy Halloween from **SVPS**!



Check out
our spooky
office decor
on Facebook and
"like" your favorite
Halloween door!



How to Help Your Child Overcome Test Anxiety: 5 Strategies To Try

What is Test Anxiety?

Test anxiety is a type of performance anxiety, and can appear in many forms. Emotionally, children may feel nervous and/or insecure in anticipation of an upcoming test, and may also feel self-doubt about their own ability to achieve. Test anxiety can also appear physically in the form of stomach aches, headaches and nausea. While feeling a little bit of stress is often beneficial in improving performance (see: **Yerkes-Dodson Law**), it can be tricky for some kids to manage these feelings, and they can quickly become overwhelming. Here are some strategies for helping your child overcome their test anxiety:



1. Communicate

Talking with your child about their own test anxiety can help them understand what aspects of test-taking make them most anxious. This is a great starting point for you and your child to begin figuring out strategies to manage test anxiety based on what they feel most anxious about.

2. Validate Feelings around Test Anxiety

It is important not to minimize or downplay the anxiety that some kids may feel about taking tests. Showing your child that you understand and can empathize with what they are feeling can help reduce anxious thoughts and feelings.

3. Help Manage Negative Thoughts and Build Positive Regard

Increased anxiety around taking tests can often lead to and/or arise from negative thoughts about one's own abilities. It is important to help children and adolescents build self-confidence around their own performance in order to help reduce the negative thoughts that are often associated with test anxiety.

4. Get Some Sleep & Eat a Healthy Breakfast

It is always important for children/teens to get a good night's sleep, especially when they have a test the following day. Lack of sleep can lead to increased levels of anxiety and can impact those cognitive skills essential for test taking. A good night's sleep has a much greater likelihood of decreasing anxiety and making a positive impact than pulling an all-nighter cramming for a test.

5. Begin Building a "Growth" Mindset

Sometimes, children may view tests as a measure of their self-worth, further contributing to the amount of pressure they feel to succeed. It is important to remind them that tests are just a snapshot of who we are in a particular moment in time, and that there is always time to grow and learn more in the future. This can help kids re-frame their perspective what tests mean for them and help reduce some of the pressure surrounding individual tests.



Test anxiety can be a tough hurdle for some kids, but providing support and validation can help them build the self-confidence they need to overcome it. **If you would like extended support, please schedule a free introductory consultation with our team.**

Support Groups - Now Enrolling:

Early 20's Neurodiverse Support Group

This support group has been designed to meet the distinctive needs of individuals with neurodivergent diagnoses in their early 20's as they navigate the many obstacles commonly found in young adulthood. With a heavy emphasis on connection, emotional awareness, and the search for identity as an emerging neurodivergent adult, this group provides a safe space to assure self-confidence, create meaningful relationships, and explore one's options in education and career.

Adult Women's Support Group

This support group has been created for adult women seeking connection and encouragement while navigating mood challenges and stage of life transitions. With an emphasis on shared understanding, emotional resilience, and self-exploration, the group offers a warm and supportive space to understand the impact of life changes, manage stress and low mood, and strengthen overall well-being. Through guided discussion and mutual support, participants are encouraged to build insight, foster self-compassion, and feel less alone during more difficult seasons.

[Schedule a Free Intro Call to Reserve Your Spot!](#)

[Learn More About Our Group Services](#)

Now Scheduling: Testing & Evaluation Services for Early 2027

Our Testing & Evaluation Services go beyond diagnosis. We help you better understand how your brain and behavior work together and provide practical recommendations to help you thrive at home, school, work, and in everyday life.

How Evaluations Can Help:

An evaluation can help provide **diagnostic clarity, guide treatment, and support access to appropriate accommodations and services.** Some accommodation examples include, but are not limited to:

- School accommodations and supports
- IEP or 504 Plan eligibility and services
- Special education planning
- Gifted programming
- Academic intervention planning
- Workplace accommodations



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[Learn More About Our Testing Services](#)

Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



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