

1) The nurse can anticipate that anxiety occurs in response to:

1. Identifiable fears
2. Unexpected events
3. Threats to ego integrity
4. Anticipated dependence

2) The nurse identifies that the patient is mildly anxious when the patient appears:

1. Alert
2. Forgetful
3. Fearful
4. Preoccupied

3) When assessing a patient for anxiety, the nurse recognizes that anxiety is a:

1. Reaction triggered by a known stressor
2. Response that is avoidable
3. Universal experience
4. Threat to the Id

Why do people fail the NCLEX?

- Fear of mistakes
- Reliance on predictor scores
- Believing any test prep is a magic formula
- Too many options
- Not taking personal responsibility
- Unclear thinking and disorganization
- Poor skills to distinguish what you're getting right or wrong
- Lacking the right formulas to problem solve
- Reliance on "positive thinking" (instead of worst-case scenario)
- Focus on knowledge (IQ instead of EI)
- Burying feelings
- Poor self-image. Comparing your self to others.
- Attaching your identity to passing= fear of failure
- Guilt over rest, time for yourself
- No daily rituals. Life is out of balance.
- Weak peer support
- You really don't want it
- Giving up

You cannot control everything that comes your way, but you are in absolute control of how you react to it.

All these things that are happening seem overwhelming. But I've caught myself this time and I'm doing something about it.

ANXIETY PEOPLE in general are very kind, supportive, and dependable.

Anyone who has suffered through the pain of failure and has tried again, becomes more empathetic and develops sharper emotional intelligence.

You are among the strong, courageous people who never give themselves enough credit for all the progress you make in life.

And you have to do it in the face of misunderstanding and judgment.

You need to share the pain and the victory with who will truly understand.

Anxiety is not dangerous -- it's just **uncomfortable**.

So I feel a little anxiety now, SO WHAT? It's not like it's the first time. I am going to take some nice deep breaths and keep on going. This will help me continue to get better focus and problem solve.

I can be anxious and still focus on the problem. As I focus on it, my anxiety will go down.