

## 5 tips for

# overcoming maths anxiety

However you feel about maths, **you are not alone**. Many of us struggle with using numbers. Here are our top tips to help you **overcome maths anxiety**.

### Tip 1

#### Talk about your feelings about maths

Being able to talk about it can help relieve anxiety. Often we will learn that those feelings are understandable and lots of people experience them too.

### Tip 2

#### Challenge your own beliefs

Are the ways you are thinking about maths being fair on yourself? People often say they can't do maths, but we all use maths on a daily basis.

### Tip 3

#### Try not to compare yourself to others

Instead of focusing on where you are compared to others, focus on your own journey.

### Tip 4

#### Reduce pressure

Feeling under pressure is a source of maths anxiety, so it naturally follows that reducing it can help. Find ways to help you reduce time pressure and social pressure.

### Tip 5

#### Set realistic goals

Aim to learn in bite sized chunks. This helps our confidence to grow as we are more likely to meet our objectives that way. Setting unrealistic targets can damage our confidence.

Start feeling more comfortable with maths now by trying our free online resources, designed for adults with low confidence. Give it a go at:



[nationalnumeracy.org.uk/challenge/confidence-scale](https://nationalnumeracy.org.uk/challenge/confidence-scale)

