

# 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.

## Talk about it



### Tip 1

Talk about how you feel about maths, you'll find others feel the same way.

## Take the pressure off



### Tip 2

Learning is not a race, take your time and use your own space.

## Set realistic goals



### Tip 3

Aim to improve a little bit at a time.

## Challenge your own beliefs



### Tip 4

Are your thoughts about maths helpful? Or are they holding you back?

## Don't compare yourself to others



### Tip 5

We all learn at different paces and that's OK

## Choose resources that work for you



### Tip 6

We all learn differently. Try the National Numeracy Challenge for an alternative to classroom maths.