

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.

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