



National Numeracy Day

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.

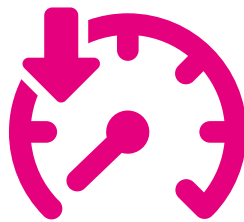
Talk about it



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 so take your time.

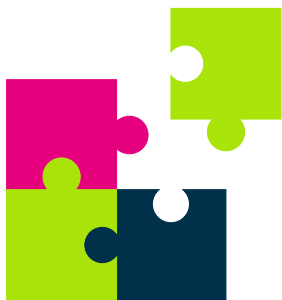
Set realistic goals



Tip 3

Aim to improve a little bit at a time.

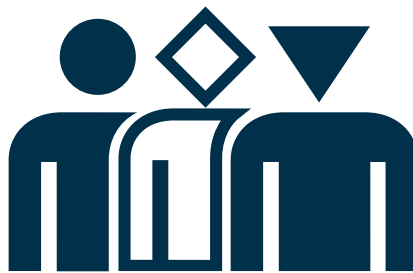
Challenge your own beliefs



Tip 4

Consider whether your thoughts about maths are helpful or if they're holding you back.

Don't compare yourself to others



Tip 5

We all learn differently and that's OK.

Choose resources that work for you



Tip 6

Try the National Numeracy Challenge for an alternative to classroom maths.



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