

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



Are your thoughts about maths helpful?



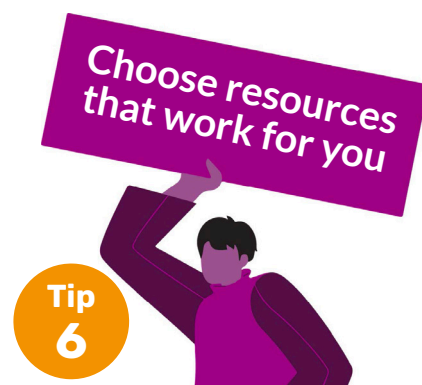
Learning is not a race so take your time.




We all learn differently and that's OK.



Aim to improve a little bit at a time.



 We all learn differently. [Click here](#) to try the National Numeracy Challenge for an alternative to classroom maths.

