

NAVIGATING STRESS DURING FINALS



STUDY AND TIME IN SILENCE

Take some time for silence or quiet while studying. You might not be able to listen to music while taking your test so study without music or other noise leading up to your exam.

EAT WELL

Give your body the fuel it needs to stay healthy. Eating well helps fight illness, provides energy, and allows your body to feel better to not distract your mind.



DRINK WATER

Stay hydrated. Your brain needs water just as much as food. It is easy to forget to drink water in the grind or if you're drinking more caffeine you may get dehydrated.

TALK TO PEOPLE

Confused about something in a class as you are studying? Reach out to a friend or tutor and if someone reaches out to you, consider talking through the material with someone as it is a good way to retain information. Stressed? Talk to a counselor or your support network.



BREATHE

Stress getting the best of you during an exam? Calm your body and mind by taking a few deep breaths. in for 4, hold for 4, out for 4, hold 4. Repeat.

TAKE A BREAK & SLEEP

Go for a walk or other 15 minute break to allow yourself some time away from material. Breaks allow us to focus better. Don't forget to sleep and don't be tempted to pull an all-nighter. Sleep helps us retain what we study.



YOU GOT THIS!