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KEEPING YOUR HEAD ABOVE THE WATER: TIME MANAGEMENT, STRESS, & FINALS

Final exams are stressful enough, but adding remote learning and a pandemic can make it feel like you're drowning in work. This week's Newsletter focuses on time management and healthy coping skills for stress and anxiety. It is important to remember to take care of yourself and practice self-care, especially around final exams.



Time Management & Study Skills

Don't:

- XAvoid procrastinating it will only worsen anxiety and create more pressure when studying
- Avoid distractions this can include your phone, social media apps, tv shows, and background music

Do:

- Create a study schedule
- ✓ Put your phone on Do Not Disturb to avoid distractions
- ✓Organize schedule based on what is urgent and what can wait
- Find a quiet (and clean!) space where you can focus. Tell family/friends around you when you are studying so they know to not distract you.
- ✓ If you work better with others organize a Zoom Study Session

Coping with Stress & Final Exams

<u>Take Breaks</u> - while it may be tempting to "cram" for finals, this can lead to feeling exhausted and discouraged. Taking 20-30 minute breaks in your study schedule can help you retain more information and maintain your energy.

<u>Sleep Hygiene</u> - It is important that you stay away from those "all-nighters". Getting quality sleep can help increase brain function, memory, and decrease anxiety and stress.

Smart Snacking - Your brain needs nutrition to function better, so it is important that you eat healthy snacks and meals. Implementing snack breaks while studying can also help manage the time and give your brain/body a break!

Practice Self-Empathy - It is easy to be hard on yourself, especially in times of stress. If you begin to notice that you're feeling down on yourself, try to take time to acknowledge and reflect on your hard work and positive accomplishments

4-7-8 Breathing Exercise

Breathe in through your nose to a mental count of 4 seconds

Hold your breath for 7 seconds, allow yourself to feel your lungs expand

Exhale through mouth, all in one breath, for 8 seconds

*If the count is too difficult, you can adjust the number of seconds

