

10 Ways to relieve stress during finals week

PURPOSE //

- Encourage students to try activities that will help them relieve stress during test weeks

INSTRUCTIONS //

Materials

- 10 Ways to Relieve Stress During Finals Week List

Application

- Share this list with students, parents, on social media, put on posters. Have students get creative and think of even more ideas!

Assembly

1. Print out list
2. Hang up around school building/campus
3. Hand out to students before and during finals week

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH



erikas.lighthouse



@Erika's Lighthouse

Contact Nathalia@erikaslighthouse.org for more information

10 Ways to Relieve Stress During Finals Week

1. **FORM A STUDY GROUP!** Studying is always more fun when you have a buddy or two.
2. **START EARLY AND MAKE A PLAN!** It'll be beneficial to start early so you're not cramming the night before finals.
3. **TAKE BREAKS!** Whether it's going for a quick run, grabbing a snack, or watching an episode of your favorite show, study breaks are important for good mental health!
4. **PRACTICE MINDFULNESS AND MEDITATION** to regain focus during a long stretch of studying.
5. **MAKE A PLAYLIST** full of music that helps you get into the zone! (Classical music has been shown to help students retain information while studying.)
6. **ASK FOR HELP!** Don't be afraid to reach out to your teachers if you're struggling. That's what they're there for.
7. **EAT BALANCED MEALS!** Not being hungry will help you focus on studying. Stick to water and herbal tea (no caffeine!) so you don't have trouble falling asleep when you're done studying.
8. **GET A GOOD NIGHT'S SLEEP!** It's very important that you are rested and energized while studying.
9. **KNOW YOUR LIMITS** and stick to them! Your mental and emotional health come first.
10. **PLAN SOMETHING FUN** for after your last final: anything from going to see a movie to sitting on the couch eating ice cream! Having something to look forward to will be a great motivator.