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.