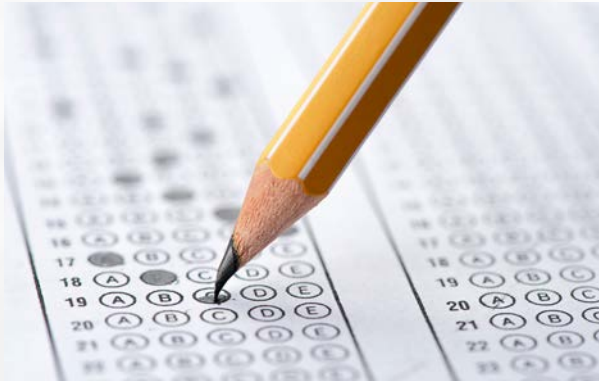


STUDENT HEALTH CENTER

NEWSLETTER



Managing Stress During Finals

It's beginning to look a lot like.... final exams.

Were you hoping we'd finish that sentence with Christmas? Well, the holidays are indeed right around the corner, but before enjoying eggnog, ugly Christmas sweaters, and gifts, you need to get through finals week.

College, in general, can be stressful. But, when you add in the extra stress of final exams, life as a student can become overwhelming. This stress can manifest into very real physical and mental symptoms, which can impact daily life and student success. Here are six things that might help you manage stress before and during final exams.

1. Create a study schedule. This will ensure that you manage your time efficiently, may prevent procrastination, and becoming overwhelmed when studying for more than one exam. Making a detailed to-do list of each thing you want to study or complete can also help you stay organized. Crossing things off your to-do list may bring satisfaction and motivate you to continue getting things done so you can cross them off!

2. Stay connected with your friends. During any time of stress, it's always nice to have your support system close by. Visit with friends during this time, even if it's for a study date or grabbing a quick bite to eat. Sometimes talking about how you're feeling with friends who are also dealing with exams can help you feel better.

3. Take care of your physical health. Getting enough sleep, exercise, and nutrition are all vital parts of overall well-being and can impact your mental health and stress levels. Sleep is critical for productivity and a lack of sleep can worsen mental health issues. Most young adults need 7-9 hours of sleep a night to retain information they have studied. Engaging in physical activity you enjoy can also reduce stress, improve memory, and improve sleep. And of course, nutrition is important, too. Focus on eating fruits, vegetables, protein, and whole grains to strengthen your immune system and improve energy levels.

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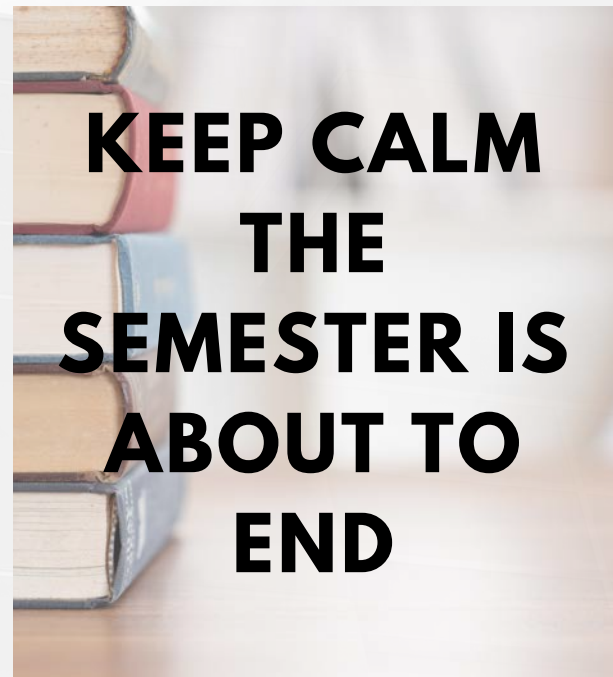
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4. Try to relax. Take care of your mental health! When creating your study schedule, be sure to schedule time for yourself. That way, you won't feel guilty about taking time away from studying. Plus, taking breaks to do things you enjoy such as walks, listening to music, meditating, stretching, cooking, dancing and so many other activities has been shown to improve focus and productivity! You may also find physical relaxation techniques such as Progressive Muscle Relaxation, or simply taking deep breaths beneficial.

5. Practice positive self-talk. Remember, you just need to do your best. Remind yourself that you are ready and prepared. Going into finals week with a positive mindset, knowing you've done the work will help carry you through. You never have to be "perfect" or get a perfect score. Perfectionism is actually the enemy of progress.

6. Remember what comes after finals: Vacation! Once you've made it to finals week, you are almost done! Try to remember that a break is and reward yourself for finishing! And always remember, life will go on and your final exams will not change that.

Source: yourcollegecares.org/stress-management-during-finals/



The Student Health Center can be reached at healthservices@msjc.edu or Call (951) 465-8371 to schedule in-person or telehealth appointments.

In the event of an emergency (medical or otherwise) please DIAL 9-1-1.