

Finally, Some Help with Stress over Finals

[Salisbury University's Counseling Center](#)
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GSU 263

Schedule your time

Scheduling can help you feel more in control and less overwhelmed about how much you have to do. It is also helpful to **focus on setting reachable goals**, and **breaking up large tasks** into smaller goals so you feel productive throughout the day. When creating your schedule, do not forget to schedule time to sleep, eat, and take breaks!

Take care of your basic needs



Prioritize Sleep

Although it may be tempting to pull an all-nighter, the negative impacts on your ability to concentrate, organize your thoughts, and retain information are likely not worth the extra time studying. Practicing unhealthy sleeping and eating habits can not only negatively impact your academic performance, but can also increase your chances of getting sick, and decrease your ability to cope with stress.

Eat healthy

It is also important to eat healthy and not over indulge in caffeine. To save time, try **planning ahead by prepping healthy meals** or **making food you can heat up** during finals week.

Check out these ideas from SU's dietitian Terry Passano RDN, LDN, CLT at www.pinterest.com/thpassano/sheet-pan-meals/



Take breaks

You can only focus on one thing for so long. It is important to give yourself breaks, allowing your brain time to relax and recharge. During breaks, make sure you permit yourself to stop thinking about academics, while doing things you enjoy and that give you energy, **like talking to friends, going outside, listening to music, or taking a walk**. Things like watching TV or checking social media typically do less to help you recharge and are difficult to stop, making it harder transition back to your schoolwork.

Yoga and Meditation are great tools to help you relax during your breaks or transition to a restful night sleep. Check out TimelyCare's **On-Demand and Upcoming Live sessions at TimelyCare.com/Salisbury**.



Need to talk? Learn more about your mental health support options!

- TimelyCare's **TalkNow** offers 24/7 support for free by signing up with your SU email.
- Come into the Counseling Center during our **Walk-In Clinic** from 1 to 3 pm on weekdays. *Extended hours during finals week!*
- Start on-going **Scheduled Counseling** through TimelyCare. If you have access to your SU email, and are located in the US, you have access to TimelyCare!

Resources

<https://shcs.ucdavis.edu/blog/de-stress-finals-week>
<https://psychcentral.com/blog/7-tips-for-coping-with-finals>
<https://www.activeminds.org/blog/6-healthy-ways-to-reduce-stress-during-final-exams/>
<https://www.nami.org/Blogs/NAMI-Blog/December-2015/7-Tips-for-Coping-With-the-Stress-of-Finals/>