

# Finally, Some Help with Stress over Finals

Created by: Salisbury University's Counseling Center

## 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. **See below to learn more about how to improve your sleep through TAO.**

### 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 <https://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 is difficult to stop, making it harder transition back to your schoolwork.

**Mindfulness Based Stress Reduction (MBSR) is a great tool to help you relax during your breaks, or before your go to sleep. Check out the Mindfulness Library on TAO!**



Access more Coping with Finals content on **TAO (Therapy Assistance Online)** by using the QR Code or the **Enrollment Key: #CopingWithFinals** when logging into your account or when signing up at <https://us.taoconnect.org/register>

### 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/>