

# 10 TIPS FOR ACADEMIC STRESS

**STEP 1** NORMALIZE YOUR STRESS! It's finals week, it's hard to avoid the stressors this brings, remind yourself stress is temporary and that you are not alone. Below are some helpful tips to give back to your mind and body during this time!

Move your body and go for a walk. It only takes 15 minutes in the sun to get some Vitamin D!



Stick to a routine and nourish your body

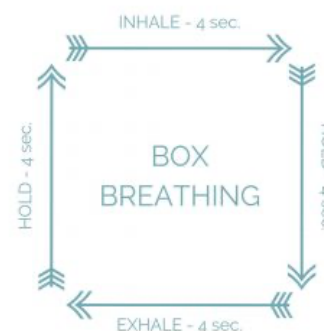
Drink enough water and stick to consistent sleep and wake times to regulate your body

\*This aids in memory consolidation for your finals

Get a stress ball!  
Stress balls can help you to work out the stress through relieving tension

Identify a safe and comfortable study area that is conducive to your study needs

Box Breathing



Confide in a trusted confidant to vent away your stress

Apps: Headspace, Calm, Mindshift, Nike Training (has mindful exercises/yoga classes)

Reward yourself!  
Engage in your favorite activity, grab that Starbucks drink you love, watch your favorite show, etc. – you deserve it!

5, 4, 3, 2, 1

See 5 things, Touch 4 things, Hear 3 things, Smell 2 things, Taste 1 thing

**The 5-4-3-2-1 Coping Technique**

Ease your state of mind in stressful moments.



Turn to your spirituality and/or religious supports/beliefs for some added support

Meditate  
YouTube search "5 minute stress relieving meditation"



**EMPOWER YOURSELF**

You got this!! Be sure to remind yourself of your strength and that you are the doing the best you can