

MENTAL HEALTH TIPS FOR FINALS

With finals here, this season can be stressful for many students. From staying up late studying to trying to meet final assignment deadlines, pulling your hair out can be tempting. Here are some tips to help students mitigate stress and protect their mental health during final exams.



Get a proper amount of **sleep every night**. Seven to nine hours of sleep is the recommended amount of Zs for adults, according to *Psychology Today*.



Create a **to-do list** for your tasks or study sessions in order of priority.



Tackle projects by breaking them into **smaller steps** so they're not overwhelming.



Give yourself **positive** affirmation in response to negative thoughts throughout the day.



Surround yourself with **positive, likeminded people** such as a supportive study group.



Set boundaries by saying "no" to responsibilities or commitments that may hinder your energy and focus or contribute to feelings of burnout.



Create a schedule to **drink water** to ensure you stay hydrated.



Ensure you are **well nourished**. Food's nutrients help the body and brain recharge. If you need a place to start, read the NATA Clocking Nutrition infographic, www.nata.org/sites/default/files/nutrition-clock-handout.pdf.



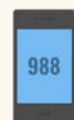
Don't hesitate to **reach out** to your professors during finals. Clarifying doubts early can ease stress and boost confidence. Use office hours, send an email or talk after class. A little guidance can go a long way.



Maintain hobbies. They help you recharge, but also foster creative thinking and well-being.



Include **rest periods** within your study schedule.



If you or someone you know is in crisis, **seek help** by calling or texting 988 for the National Suicide Prevention Hotline or texting "HOME" to 741741 to contact the Crisis Text Line.