

Stress-Free Finals Week

First, there is no such thing as a 'stress-free university student' and that is especially true as the time for final exams gets even closer! It's a part of the university experience...but it does not have to take over your life, no matter how many projects and final exams you have. Consider these strategies and see how much stress you can eliminate...

1. **AVOID STRESSFUL PEOPLE** – stress is actually contagious. So resist the urge to have an extended study session with any of your super-tense friends, especially if they are complaining about all the work they still have to do and are having a difficult time focusing. Their stress will only add to yours.
2. **EAT BALANCED MEALS AND EXERCISE** – seems like a no-brainer, but it's a wonder that so many people forget it. But, skip the sugar and the caffeine and go for snacks like granola bars, fruits, and veggies to keep your blood sugar stable. If you're studying for a long period of time, eat some protein, too. Get out and take a 10 minute walk; it can leave you calmer and more focused.
3. **JUST SAY 'NO'** – say NO to the people and events who want to take up your time--if you say 'yes' you're probably going to be tempted to blow off studying. RESIST the urge. Say NO to the distractions and be selfish for a day--your GPA will thank you for it!
4. **DON'T WASTE YOUR TIME STUDYING** ~ Say what? That's right, you can 'waste' study time by going too long without taking a 'mental break.' For every hour or so that you work, take a 5-10 minute break---take a walk in the sunshine, stare off into space, your brain deserves the rest.
5. **DON'T PROCRASTINATE!** Studies indicate that procrastinators reported higher stress levels and more illness— indeed, they were physically sicker overall than students who didn't procrastinate.

Asbury University

Center for Counseling
2nd Floor, Fletcher-Early

Phone: 859-858-3511 x2323
E-mail: counseling@asbury.edu

