MENTAL HEALTH AND STRESS MANAGEMENT TIPS FOR MIDTERMS

TAKE REGULAR STUDY BREAKS
Taking 20 minute breaks can help manage stress and return you to your studying with a fresh perspective and an open mind.

SCHEDULE FUN THINGS TO LOOK FORWARD TO
In addition to small breaks during studying, schedule in time after a hard day to do something you enjoy, such as playing board games with friends, or watching a movie. When you return to studying, you'll feel refreshed!

EXERCISE AND SPEND TIME OUTSIDE
Even 20 minutes of exercise is proven to help relieve stress. It boosts your mood and can help you feel more productive while studying. It is even better to do it outside, so you can enjoy nature and breathe fresh air.

GET SOCIAL SUPPORT
Share your concerns with people that you trust to understand and validate your feelings. It can help to relieve stress. As always, make sure you're not using these tactics to avoid your stressor! Instead, use them to help you be in a mindset to more effectively deal with it.

MEDITATE
Meditation and mindfulness can help the mind and body relax and focus, and can help us relieve emotions and thoughts that may have been causing us stress. This is extremely effective in stress management and thus will cause effective studying.

SMILE AND LAUGH
When we're stressed, we tend to hold a lot of it in our face and body. By smiling and laughing, we can relieve some of that physical tension. Additionally, when we physically smile, our emotions are more likely to become more positive compared to when we don't.

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