Tips to Survive Finals Week

- Make To-Do lists
- Back off the caffeine
- Don’t neglect sleep and healthy Eating habits
- Switch up your space
- Take breaks
- Don’t forget to “take time for Yourself”
- Exercise
- Breathe

Protecting your Mental Health during Finals

Can you believe we have made it to the month of April? We are now only one month away from the end of the school year. And what a year it has been; a year full of unknowns, quarantine, and COVID tests. This has been a tough year, and you are staring at the finish line.

As much as some of us may dread it, finals are coming. The end-of-semester finish line is in sight, but there’s still a massive marathon to get through. The adrenaline of the final push when you’ve already been running all semester can be anxiety-provoking. As intense as it can be, there are ways to stay resilient and finish strong.

During this time, remember that your mental health is more important than your grades. It’s important to know the difference between healthy achievement and unhealthy overachievement. You are not your grades. What you do doesn’t define you.

Take pride in your accomplishments and seize the opportunities of today, but remember to invest in self-care to protect yourself from stress overload. No one sprints through marathons without taking any breaks. Take pit stops to nourish your mind, body, and soul. Keep a sustainable pace. There’s no success without mental health.

Grades are not the end-all-be-all. Shift away from that pervasive mindset of attaching your self-worth to your scores and grades. Strive to do well and be well. Work towards solid outcomes, but remember to enjoy the process.

Finding your balance this last month of school can be difficult, but it’s also necessary for your mental health and the sake of your grades. Remember: you’re a person before you’re a student, so strive to do the best you can.

Take care of yourself, study smart and happy finals week.