



December 2018 – Volume 2, Issue 3

Finals week is just around the corner. This month's newsletter examines how you can be more mindful and personally sustainable as the stress of finals begins to grow. Keep calm, study on, and good luck on your finals!

Prevent Stress Buildup

One way to deal with stress? Prevent it (as much as possible) in the first place!

- Double check your exam dates and times
- Set alarms on your phone an hour before your exam to give you time to get there
- Break up large papers/projects into small pieces you can work on over a few days or weeks
- Have designated times/locations for studying
- Find a study buddy to motivate you and hold you accountable

**STRIVE FOR PROGRESS,
NOT PERFECTION**

De-stress at Your Desk

You've been at your desk for what feels like hours. Take a break without even getting up!

- Clean-up your desk and drawers of clutter/debris as a way to relax
- Listen to your favorite song or watch funny videos – just be sure to keep it short!
- Organize something small like files on your computer for specific classes or hobbies
- Gives your hands and neck a break and lightly massage them to prevent them from being sore
- Write down what's worrying you on a piece of paper. It can help ease your mind and let you focus on your work.
- Close your eyes for a few moments to give them a break from your computer screen or textbook

Useful TAMU Websites and Resources

- <https://studentlife.tamu.edu/hp/resources/stress/>
- <https://scs.tamu.edu/biofeedback>
- <http://scs.tamu.edu/personal>

Events in December*:

12/5 & 12/6 – The 12th Can Open from 10 am to 4:30 pm

*Specifics & additional events at <https://reslife.tamu.edu/livina/sustainability>

Healthy Body, Healthy Mind

It's important during finals not to forget that your body needs fuel to keep it in tip-top shape.

- Avoid high-fat and high-sugar foods that can cause you to "crash"
- Try to plan/cook your finals' week meals ahead of time so you don't eat excessive take-out and unhealthy foods that will make you sluggish
- Be sure you're drinking enough water as dehydration can lead to headaches and tiredness
- Exercise, whether a quick walk outside or stretching in your room, can be a way to take a study break and release any tension
- Make sure you're getting adequate sleep and always listen to your body. Tired? Take a power nap or get a full 8 hours of sleep.

Create Your Own Self-Care Kit

A self-care kit is meant to be personal. Fill a box, basket, or some other container with items that will help you calm down if the stress of studying or finishing papers is too much. Below are some suggestions on what you can put into your kit.

- Coloring book and crayons/markers
- Favorite CD, DVD, or book
- Pictures of family, friends, cute animals, etc.
- Positive notes from yourself or others
- Perfume or air spray in your favorite scent



Get in Contact with Res Life Sustainability

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Twitter: @TAMUResLife

Webpage: <https://reslife.tamu.edu/living/sustainability>

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