

Tips for managing end of semester stress

The goal of dealing with stress is not necessarily to avoid all stressful events, but to develop the ability to relax during day-to-day activities and during challenges, like finals week. Proper organization and time management are extremely useful right now and should be practiced by all. Plan out ahead of time what needs to be done and when it needs to be completed. Do not wait until the last minute and try and cram for all those exams or spit out an "A" worthy essay.

Take the time to think about assignments and give each assignment its own time. Know which priorities are important and figure out what one needs in their life. Is it more important to get an "A" in Chemistry class or catch up on Grey's Anatomy? Figure out what matters most to oneself and concentrate on one's personal priorities. One will be much happier in the end if one has made the best decision and knows what is important to them.

Here's some self-care tips for managing end of semester stress:

1. Try adding something beautiful to your usual surroundings like a bunch of flowers or a relaxing picture.
2. Do something you find enjoyable, whenever possible, try and smile!
3. Work and eat at a relaxed pace.
4. Take a moment to breathe deeply and gently focus on something in the moment such as your breath, scenery or quiet sounds.
5. Take a break when noticing that that you're distracted. Try a walk outside or another leisurely activity that does not have a time constraint, so you can redirect your attention to work when ready. Breaks are always a smart idea. It is very beneficial to clear one's mind and focus on something more pleasant and calming than studying.
6. Wear comfortable clothes and take your shoes off when you can.
7. Avoid holding in feelings, and find ways to express them whether it be to journal, vent to a friend or parent, exercise or even scream into a pillow-we all know it just feels good sometimes!
8. Try a yoga or meditation class to help relax and handle all tasks.
9. Take exercise breaks. It is a great way to let out pent up stress by going for a run or hitting the gym. This will not only benefit one mentally but also physically and will help compensate for the over-eating that may be a compensation for fatigue or symptom of extreme stress.
Thanks to Maggie Cosgrove at MC626229@wcupa.edu. For sharing tips 1-9.
10. Set limits with people during crunch time. Constant communication through texting, phone calls and the computer, can be an example of overwhelming stress when a student needs to study. Set aside time to communicate with friends and family, allowing time to focus solely on your studies.
11. Manage your use of caffeine and stimulants carefully during high stress times because they will increase your sympathetic stimulation, which is already going at a high level if you're under stress in the first place and may lead to intensification of feelings of anxiety or crashes and exhaustion that will impair concentration and focus.
12. Prioritize. Make a list of deadline related items and areas to study. Be specific and assign each thing a time period. Quantifying helps. It's important to know that you've finished a goal, and

the act of physically crossing it off your list is a mental victory that goes a long way toward easing the burden of stress.

13. Be realistic about your expectations. If you've missed class all semester long, it's probably unrealistic to fixate on getting an A in the course. Instead, consider what you can feasibly do in the time you have left. You need to study efficiently and plan your time to give you the best outcome in each class given your performance over the semester.
14. After the semester is over, if you are unhappy with how your semester turned out, setting aside some time to reflect on things and evaluate why events turned out the way they did. Decide what you will do differently next semester.
15. Between semesters is a good time to determine – and perhaps reevaluate – your issues and priorities as a student. JSC offers so many support services, not just through the Student Counseling and Health Center, but through Academic Services, where free tutoring and learning strategy education opportunities are offered throughout the year. Academic Advising is also a great place to get support for getting clarification about your academic and career goals and plans.
Thanks to [Ashley Berthelot@lsu.edu](mailto:Ashley.Berthelot@lsu.edu) for tips 10-15
16. If stress, adjustment or other life issues are impacting your academic and social life beyond what you feel you can manage on your own, please take advantage of the Counseling Center. You can access an individual counselor for a single strategizing check in session or on a more regular basis to support you in your own goals for making and maintaining healthy, productive decisions, self-care and lifestyle management.