

Five Ways to Combat Stress During Finals

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VISITS FROM THERAPY DOGS ARE ONE OF THE STRESS-REDUCING ACTIVITIES OFFERED DURING FRAZZLE FREE FINALS AT UNH MANCHESTER.

With finals week upon us, students are feeling the pressure of the end of the semester. The papers and exams start to pile up and it seems that the work will never end. Here are a few simple ways to help get rid of some of that stress.

1. GET ORGANIZED.

Create a detailed outline of everything you need to study. Sit down with a calendar and make a list of what should get done each day. Be specific in what you write, for example don't write "Study psychology" — write the specifics of what you need to review, like "Study concepts in chapters 3-6." Take it even further by writing out an hour-by-hour schedule, if it helps you to stay on track. This may take some more time, but staying organized helps alleviate stress because now you don't have to panic about all the things you need to get done. You may even find out that it's not as much as you thought.

2. GIVE YOURSELF A BREAK.

You need to take breaks, focusing on anything for too long is not actually helpful. So make sure to take breaks, even if you have to schedule them in. Watch your favorite sitcom or movie, bake a healthy treat, indulge in some youthful crafting, or go get coffee with a friend. Whatever you decide to do, make sure that it doesn't get prolonged too much; like scrolling through Facebook or Twitter for hours. You need to take some time for yourself, but also be able to switch back to study mode.

3. KEEP HEALTHY SNACKS AROUND.

Stay hydrated and try not to binge on junk food. Keep a water bottle and healthy snacks like granola bars, apple slices or popcorn near your study area. Although it is better to keep your snacks on the healthy side, it is good to treat yourself once and in a while. After you finish a subject go get a sweet treat or have a slice of that cheesy pizza you've been craving.

4. FORGET THE ALL-NIGHTERS.

Sleep is vital during finals week, and in general. So make sure to get the right amount of sleep for you — aim for 7 to 8 hours a night. Sometimes even a short 20-minute nap can help you focus better on your work.

5. ATTEND A CAMPUS EVENT.

The Library, Center for Academic Enrichment, Academic Advising and Office of Student Involvement have joined forces to give you some much-needed study breaks throughout finals week. [Frazzle-Free Finals features activities, goodies and giveaways](#) to keep your mind and body motivated through the rest of the semester.

STUDENTS



University of New Hampshire

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