

# Five Ways to Combat Stress During Finals

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With finals week around the corner at [UNH Manchester](#), students are feeling the end-of-semester pressure. The papers and exams start to pile up, and it seems the work will never end. Here are a few ways to help manage some of that stress before your well-deserved holiday break.

## 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—the more detailed, the better. Instead of "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 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 a breather, even if you have to schedule them in. Watch your favorite sitcom or movie, bake a healthy treat, indulge in some youthful crafting, call a friend to chat. Whatever you decide to do, make sure that it doesn't get prolonged too much; like scrolling through Facebook or Instagram for hours. You need to take some time for yourself, but also be able to switch back to study mode.

## 3. SNACK ON SOMETHING HEALTHY

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, reward yourself with something sweet or a slice of that cheesy pizza you've been craving.

## 4. FORGET THE ALL-NIGHTERS

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

## 5. ATTEND A VIRTUAL FRAZZLE-FREE FINALS EVENT

The Library, Center for Academic Enrichment, Academic Advising, Career and Professional Success and Office of Student Engagement have joined forces to give you some much-needed virtual study breaks. [Here's what they have planned.](#)

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