

Create Your Plan to Crush Finals Week Stress



Finals week! A.K.A. A lack of sleep, late study nights, anxiety, and last minute cramming. We know the feeling. To help you get ahead of the stress you need a plan and we've got you covered. Use this page to organize your thoughts, To-Do's, and timelines. Happy planning!

1

IDENTIFY IT: Before diving into how to manage stress, the first step is to understand and identify the source of the problem. Once you've identified what aspects specifically stress you out the most, now all you have to do is create a plan of action to crush stress and anxiety during Finals Weeks or minimize it.

Where or what is causing you the most stress? Write them all down in order of stress level - from most stressful to less.

Ex: Having to study for so many different subjects in such a limited amount of time is super stressful.

2

BREAK IT DOWN: Here's where you write down your laundry list of specific To-Dos and action items. By writing it all down, you transfer what's been weighing heavy on your mind into one place where you can physically see and understand the scope of all that needs to get done and managed.

Create your To-Do list in order of importance and due dates. Check off each item as you complete it and don't forget to reward yourself - you did it!



3

STAY ORGANIZED: It's super important to be organized to understand and compartmentalize all the different concepts that you've learned over the past few months. There may be a lot of moving parts so creating a system that works for you is crucial here. Keep each class's notes in one place and don't mix assignments from multiple courses. Approach one subject at a time and set alarms when switching back and forth from one topic to the next to help you stay on track of time.

What's your plan to stay organized? Write it out.

4

TAKE CARE OF YOURSELF: It's easy to get overwhelmed by all of the prep work needed to get ready for finals week. Simple daily actions such as taking a quick walk or listening to your favorite song can go a long way, give you a sense of clarity and restore your mind to go back to studying with a fresh set of eyes.

How are you practicing self-care today?

- Get some fresh air
 - Stay hydrated
 - Get the proper nutrition
 - Try yoga, meditation or breathing exercises
 - Get enough sleep
 - Set some time for movement
 - Clear your mind by venting your frustrations or concerns daily.
- Text **SCHOOL** to **741741** for free, 24/7, confidential support.



5

PRACTICE GRATITUDE AND STAY CALM: Find peace and comfort in acknowledging that you're doing the best you can. It's a great goal to want to do well on your finals but remember that your grades don't define you as a person or how the rest of your life will play out. Pause for a moment, be grateful about the process and your achievements so far and channel your energy on the finish line. You deserve to be proud of yourself, you got this!

Remind yourself of your wins. Write down three achievements you've had so far in the school year.

