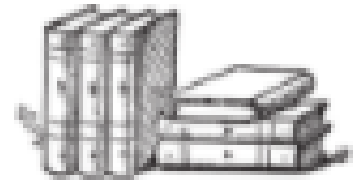


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# 25 Ways To Relieve Stress During Finals



1

Make a to-do list and plan out your study time

2

Take a 15 minute break every 1 to 2 hours (this improves your brain's capacity for studying and retention)

3

Give yourself something to look forward to! (e.g., think about finishing school or make plans for the break)

4

Make sure to engage in relaxing activities when you are not actively studying

5

Watch a movie or 1-2 episodes of your favorite show (be sure to set a limit for yourself)

6

Jog, walk, run, do yoga -- move your body!

7

Listen to music or play a musical instrument

8

Get some sun

9

Laugh! (Fun fact: laughter protects you from the damaging effects of stress)

10

Take some time to engage in hobbies (set a timer)

11

Set up a virtual study group

12

Engage in guided meditations or guided imagery on YouTube

13

Eat regular meals

14

Soak in the bathtub

15

Do something kind for someone

16

Have a quiet evening without any technology. Maybe read a fun book or magazine

17

Take extra time to give your plants or pets some extra love and attention

18

Feel productive by crossing things off of your to do list

19

Hydrate or make yourself a favorite non-alcoholic treat (i.e. tea or smoothie)

20

Reach out to friends

21

Sing!

22

Have 5-minute dance parties

23

Plan a day of rest or a catch-up day

24

Check in with your academic advisor or mentor

25

Make an appointment or attend a Learning Services workshop at CAPS for study strategies