De-Stressing for Finals

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- Prepare Thoroughly -

**Study the subject matter AND practice "retrieving it"**

No amount of stress-management techniques will help with final's success unless the material has been well-reviewed. See it, say it, learn it, teach it, & repeat it.

**Well Rested**

Sleep beats staying up all night studying for a test. Any sleep is better than none. Aim for 8 hours the night before a test. A 20-30 minute nap (no longer) can help if a longer period is impossible.

**Well Fueled**

Eat something that includes protein AND carbohydrates 15 minutes before the test. Bring snacks if it is over 1 hour and allowed by the instructor.

**Well Hydrated**

Drink Water! Drink 8-16 ounces before the exam and ideally sip on water throughout the period.
Meditation and Finals

Focus on the breath
If your attention wanders, come back to breathing in and breathing out. Attempt to get 3 breaths together in a row. You may have to do this over and over again, and that is okay.

Focus on a positive outcome
Visualize being able to answer all questions on an exam. See yourself smiling with success. Imagine how that feels in your body. See yourself reviewing final grades and feeling proud.

Acknowledge negative thoughts and let them go
Negative thoughts will arise. Remind yourself that you have prepared well. You know the material. Take a deep breath. You are brilliant, resilient, and capable.

During the exam
Remember the above meditation. You sat in silence, focusing on your breath, and everything was fine. In your meditation, you were happy and successful. To get back to this state, just take a deep breath.

--- I wish you Good Luck! ---