

## Stress Management for Midterms

Midterms are coming up and you've got three papers to write, two exams, and an oral presentation. Just thinking about it makes you feel stressed. What do you do? Well, here are some ways that can help decrease the stress so you can focus on acing those midterms!

- **Take good care of yourself** – Where do you start? Prioritize getting enough sleep each night. Eat nutritious foods each day. Get some regular exercise. Create a routine of regular self-care practices that work for you!
- **Connect with others** – Having a strong social support network made up of friends and family members helps to buffer against stress. Reach out to these folks whenever you need them. They are there for you!
- **Improve your time management skills** – Feeling overwhelmed? Managing your time more efficiently can help to reduce stress and increase productivity. Set aside time for specific projects and tasks.
- **Let go of perfectionism** – Nobody hits one out of the ballpark every time. We're all human. Try to be understanding with yourself as you would be with a friend or family member.
- **Reframe negative thoughts** – Learn to talk back to and stop negative self-talk, and give yourself some credit for your abilities and accomplishments. Learn from mistakes and view them as opportunities for growth.
- **Get out in nature** – Spending even short periods of time in nature can improve memory, ability to concentrate, and reduce overall stress and improve your sense of well-being.
- **Help other people** – If you don't have time to volunteer, try to do someone a favor every day. It can be something as small as helping carry their books or going on a coffee run for friends.
- **Keep a journal**  
Sometimes you might feel like there's a lot on your mind. Try writing down your thoughts. You'll give them a place to live other than in your head. Then write down a list of what you're grateful for in your life. Seeing this list can help you feel less stress and improve your sense of well-being.
- **Keep things in perspective** – Ask yourself – what's the worst thing that could happen? And what is the likelihood of that happening? Remember, no matter how bad things are right now, you will get through it and become even stronger!
- **Try to be positive** – Look for the positive in everything, and things for which you're grateful. Try writing down 3 things that went well, or for which you're grateful, at the end of every day.

We all face things in life that cause us stress. The key is how we handle stress so that it doesn't negatively affect our health. Try some of the suggestions above to better manage your stress. You can do it!