

Have a...

BABSON

POW!

PEERS ON WELLNESS

MAY 6 | VOL. 6

# ERFUL FINAL EXAM WEEK

Health & Wellness Newsletter

## Wherever you may be: Be Well. Do Well.



### Calling all Beavers to honor Mental Health Awareness Month

To kick off Mental Health Awareness Month, the NCAA has launched a social media campaign to **#BreaktheStigma**.

This campaign is a platform for student athletes, administrators, coaches, and staff to speak out on, and begin to break the stigma surrounding mental health. Through social media, we hope to normalize seeking help for your mental health.



Use **#BreakTheStigma** on your social media accounts to share your stories and show your support!

### Final Stretch!

We know that this is not a normal time; it's okay to be feeling anxious and uncertain, but with finals right around the corner it's time to break out some good study habits! Finals week can be the most stressful part of the semester, and remote learning doesn't change that. As professors are wrapping up classes and beginning to review for final exams, here are some study tips to help you stay on track for success:

1. **Make a study plan.** Create a schedule that allows you to review material at your own pace. Take a 10-minute break in between study sessions to rest and recharge.
2. **Clear your space of distractions.** Putting your phone away or turning off the TV will help with staying focused and on task.
3. **Switch up your study space.** Sometimes a change in scenery can help revamp your focus.
4. **Take care of your body.** Staying hydrated, getting 7-8 hours of sleep a night, and eating at least three balanced meals a day is crucial.
5. **Don't forget about self-care!** Pushing yourself to the point of exhaustion will not serve you well. Be sure to get outside, exercise, or take a break to connect with friends!

### Best of luck on finals from all of us in Health & Wellness!

WELLNESS AND PREVENTION

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

HEALTH SERVICES

RELIGIOUS AND SPIRITUAL LIFE