

MANAGING YOUR HEALTH (PHYSICAL, MENTAL, & EMOTIONAL)

During Exam Season



Remember to:

✓ Eat & Hydrate

TIP: Meal Prep

Pre-plan meals for each week leading up to your exams. This way, not only do you not have to worry about squeezing in the time and motivation to cook, but you can also ensure that you are having healthy, nutritious dishes each day. Make sure to incorporate foods that are rich in protein, nutrients, and carbs so that you have the energy to push through!
Fast food for rewards!

✓ Take Breaks

TIP: Set Alarms

Work for set periods of time will help you to take care of yourself. To keep track, set an alarm to work for 30/60 minutes (whatever is optimal for you), and when your alarm rings, get up & get your body moving for 5mins. When time is up, set a new work-time alarm and get back to work. The auditory element of this helps keep us consistent and holds us accountable!

✓ Sleep

TIP: Distributed Learning

Instead of pulling all-nighters and cramming before an exam, try the **distributed learning method**. This involves evenly spacing out your studying over time. For example, try to set aside at least 1 to 2 hours each day after class or at the end of each week to revise material. The material is more likely to be stored in your long-term memory, making it easier to recall during an exam.

✓ Exercise

TIP: Walk It Out

Exercising during exams does not have to look like going to the gym and lifting weights for an hour. Doing what you can without adding more stress to your schedule is incredibly important. Even just getting outside for a 10 minute walk can reset your mind and keep your body healthy during stressful times. So too can reading/studying on a stationary bike!

During stressful times, it is important for you to confide in peers and loved ones if you feel yourself struggling. Trudging on by yourself will only make you feel isolated and overwhelmed. Talking to someone can ground you, remind you that you don't have to battle alone, and validate your feelings.



Reach out!

