

UW-Marathon County Library Restroom Reader

UNIVERSITY  WISCONSIN
MARATHON COUNTY

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With the end of the semester winding down and finals approaching, many students feel overly stressed. Below are some tips from *About.com: College Life* to help you deal with this stress in order to help you focus on finishing the semester on a positive note!

1. Most Importantly: Don't Stress About Being Stressed

- When you're feeling stressed, you feel like you're on edge and everything is barely being held together. Don't beat yourself up too badly about it! It's all normal, and the best way to handle stress is to not get more stressed about... being stressed. If you're stressed out, admit it and figure out how to handle it. Focusing on it will only make things seem worse.

2. Get Some Sleep

- Being in college means your sleep schedule is, most likely, far from ideal. Getting more sleep can help your mind refocus, recharge, and rebalance. This can mean a quick nap, a night when you go to bed early, or a promise to yourself to stick with a regular sleep schedule.

3. Get Some Food

- You may think your stress is psychological, but you could also be feeling physical stress (and the "Freshman 15") if you're not fueling your body appropriately. Go eat something balanced and healthy: fruits and veggies, whole grains, protein.

4. Get Some Exercise

- Exercise doesn't necessarily have to involve a 2-hour, exhausting workout at the campus gym. It can mean a relaxing, 30-minute walk while listening to your favorite music.

5. Get Some Quiet Time

- Finding a few moments of peace and quiet - with no cell phone, roommates, or crowds - might be just what you need. Stepping out from the crazy college environment for a few minutes can do wonders for reducing your stress.

6. Get Some Social Time

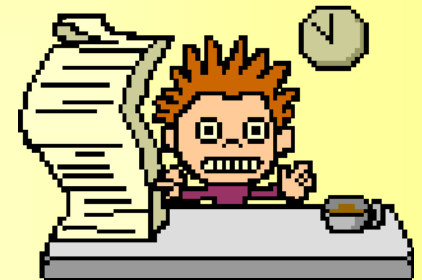
- You could be stressed because you're being too focused on getting things done. Don't forget that your brain is like a muscle, and even it needs a break every once in a while!

7. Get Some Fun

- Most college students are going through the same things at the same time, so don't feel silly if you need to just vent for 30 minutes over coffee with a friend. It may help you process out what you need to do, and help you realize that the things you are so stressed about are actually pretty manageable.

8. Get Some Perspective

- College life can be overwhelming. You want to hang out with your friends, join clubs, explore off campus, and be involved with campus organizations. It can sometimes feel like there aren't enough hours in the day... because there aren't. There's only so much any person can handle, but you need to remember the reason why you're in school: academics. No matter how exciting your co-curricular life can be, you won't be able to enjoy any of it if you don't pass your classes.



The UWMC Library has Expanded Hours for Finals!

May 13—7:45am-9:00pm

May 14—7:45am-4:30pm

May 15—10:00am-3:00pm

May 16—3:00pm-9:00pm

May 17 & May 18—7:45am-9:00pm

May 19—7:45am-4:00pm