

# Wellness Self-Care Tips *for Finals*

In the weeks leading up to and during finals, remember your wellness self-care plan. Focus on the 8 dimensions of wellness (image below). In addition to creating a study plan, be sure to prioritize sleep and rest, nourish your body and mind with good food, movement, positive thoughts/music, and time spent outdoors.



## Prioritize Sleep and Rest

- Create a set time to go to bed and wake up each day
- Unplug from electronics 1 hour before bedtime
- Make sleeping space cool, dark and quiet
- Do not study in your bed (or bedroom)



## Create a Study Plan

- Identify best place and space to study
- Schedule study time and breaks
- Create a positive playlist



## Connect with Friends and Supporters

- Schedule social time
- Share a meal/snack
- Go for a walk together



**Creating a wellness self-care plan can make a huge difference when you sit down to study!**