

# WSU Bookstore presents

## DE-STRESS FEST

### Spring '17

Starting April 20th

★ 4/20 12pm-2pm Petting Farm to kick it off ★

★ Scratch Art! ★

★ Tea Zone: Grab some tea for energy or relaxation ★

★ Stress Balls available all of finals week! ★

★ Spin to Win for exclusive prizes ★



# **FINALS SURVIVAL GUIDE**

***Here are a few tips for surviving finals week***

**1**

**Create your own deadlines**

**2**

**Study smart**

**3**

**Get plenty of sleep**

**4**

**Eat healthy**

**5**

**Take a break and exercise**

**6**

**Believe in yourself**



## More Details!

**1**

**Use a planner and stay organized! Determine ahead of time when you are going to study for what exam. This will eliminate some stressors.**

**2**

**Don't wait until the night before the exam and try to cram. Research shows that short increments of studying spaced out between several study sessions increases chances of the information staying in your long-term memory. You can do it!**

**3**

**While it may seem like a good idea to stay up all night studying before a final, your body needs plenty of sleep in order to function properly. A well rested brain equals a better functioning brain which makes for better grades!**

**4**

**Instead of eating junk food filled with unhealthy chemicals and fake sugars, resort to natural sugars like fruit! Try dark chocolate rather than milk if you're really craving something sweet to help you get through your study session.**

**5**

**It's important to not over work your brain, so make sure to take a break when you need to. A good way to spend a break is to hit the gym and get your endorphin's flowing. Exercise has been proven to reduce stress and anxiety, and also giving you a "natural high."**

**6**

**Don't doubt yourself! If you've studied then don't second guess your answers. Research shows that nine times out of ten the first answer was the correct one! Believe in your mind!**