

MENTAL HEALTH NEWSLETTER

--Nicole Ooms, Licensed School Social Worker, (219) 956-3143 ext. 2038

Exam Stress

Balance your efforts to prepare for your finals with your need to let your brain rest. Don't wing it when it comes to studying! Make a plan and use a timer to study and take breaks.

Pomodoro (Interval) Technique

- Study for a set amount of time (i.e. 50 minutes). Set a length for a short break (5-10 minutes). After a few hours, take a longer break (i.e. 25 minutes).

Minimize Distractions

- Set your phone to DND or put it in another room
- Study in an environment where you are comfortable, but not so comfortable that you might fall asleep

When you take a break...

- Move your body (exercise/stretch)
- Eat a healthy snack, drink water
- Talk to a friend or family member

Having Fun & Staying Active

When finals are over, don't dwell on the results. If you did well, great! If you didn't do as well as you wanted, realize you may need to prepare more next time, but don't get stuck feeling down over it.

How will you spend your time this summer?

- Volunteer at a nursing home, kids camp, church, etc.
- Get and keep a job (show up on time, every time, meet boss's expectations)
- Do extra chores if you aren't working
- Read books
- Go to the beach
- Play/practice a sport
- Plant a garden
- Build something
- Swimming, fishing, biking, hiking, camping, stargazing... and more

