



SIMPLE HEALTHY SNACKS

Good nutrition during finals week is key to fueling your brain. Nutritious snacks can positively affect memory, concentration, mood, energy, and overall well-being. Finding healthy snacks that are easy to grab on-the-go will provide for a more comfortable study experience. Try the snacks below and check out all the benefits of eating healthy!



Chocolate, peanut butter, and banana smoothie*

Homemade trail mix (pumpkin seeds, cashews, sunflower seeds, pecans, almonds, dried cranberries, raisins)**

Greek yogurt and fruit**

Hummus with pita chips*



*Boosts brain power, enhances immunity, and is full of antioxidants!

**Provides protein, fiber, and good fats that keep you focused and energized!

STRATEGIES FOR HEALTHY SLEEP HYGIENE

As college students, getting 7-9 hours of sleep should be prioritized to avoid low energy levels, inability to concentrate, and altered mood states during finals. Your emotional and physical well-being in addition to performance are determined by adequate sleep. Sleep helps repair the body after daily stressors including stress, pollutants, and sun exposure. Since finals are a time of high stress, a proper sleep schedule can reduce stress by naturally lowering blood pressure and stress hormones. After hours of studying during the day, the brain can take in new information and synthesize knowledge by resting at night.



***Set a regular sleep schedule by creating a “cut-off” study time each day.**

***Maintain a stable wake-up and bedtime schedule!**

***Avoid any screen-time 30-60 minutes before bed. Try reaching for a coloring book or do some self-care instead!**

***Establish a night routine that works for you. Adding journaling or your favorite music can help.**

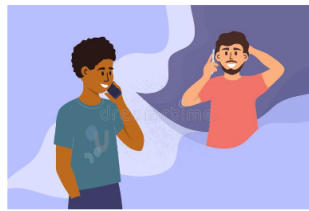
***Create a boundary between work and personal spaces. Save time in bed for sleeping, not studying.**

***Create a comfortable environment for sleep. This can include fans, clean bedding, and blackout curtains.**



STUDY BREAKS

Taking purposeful breaks while studying refreshes the mind and allows for increased bouts of concentration and productivity. It is important to find activities that you enjoy and allow your body to relax. Though social media is a distraction, it is not recommended to use as a meaningful break from studying. Some ideas for study breaks can include meditating, going for a walk, listening to music, tidying your workspace, stretching, phoning a friend, or practicing deep breathing.

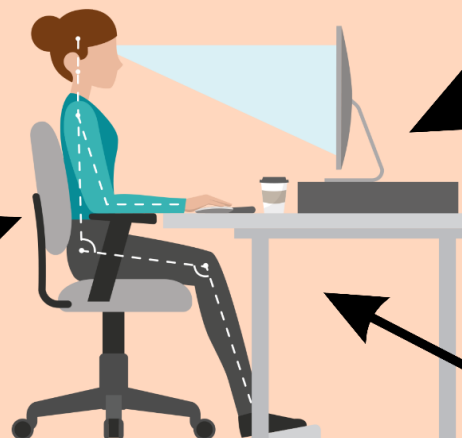


Think of 5-minute stress busters that work for you.. a little dance party can go a long way!

ERGONOMIC POSITIONING

Proper desk ergonomics while studying can help prevent a sore neck and back! A correct chair height and equipment spacing can relieve tension on your joints and provide comfort as you prepare for finals. Keep reading to find out how to revamp your desk to ensure a healthy study environment.

It is extremely important to find a chair that supports the natural curvature of your spine. While sitting, your feet should rest flat on the ground and your arms should rest comfortably on the arm rests. If the chair is too high for you to comfortably rest your feet on the ground, use a footrest, stepstool, or a stack of books to mimic the same effect. While sitting, your knees should be at the same level as your hips.



Keep your laptop/computer about an arm's length away. The key is to place the top of the screen at eye level and adjust the height as needed (remember, books can be stacked under your laptop to raise the height). If you use a keyboard, place it right in front of your laptop/computer and keep your wrists straight while navigating the mouse.

Ensure there is enough space under your tablespace to comfortably move your knees, thighs, and feet. If the desk is too high, raise your chair or provide yourself with extra cushioning.