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Self-Care and Support for final Two Weeks of Spring

Guest Columnist: Robin Keillor

Wow, the school year is almost over! As we move into the final two weeks of classes, your tendency might be to give in to your stress, or to believe you have to study nonstop to get it all done. This seems like a good time to remind you of choices you can make each day to optimize your wellbeing.

Of course, one of those daily choices is to study! Creating a study plan and timeline can help increase feelings of control and reduce overwhelm. Review your syllabus, check your [finals schedule](#), and ask questions about projects and papers now so you know what's ahead. If you want to polish up your study skills or seek individualized support, you might consider checking out one of these resources: [OSA recordings of study skills workshops](#), [LC academic support](#).

As always (and perhaps more importantly during finals), you'll perform best if you choose to prioritize your sleep and nutrition. Research has shown that memory recall and concentration are higher among people who are well rested. This may seem obvious, yet most of us intentionally sacrifice sleep and nutrition when under pressure. Choosing fruits, veggies, whole grains and protein will help to sustain your emotional and physical health, increase energy, and boost your immune system.

It's also important to intentionally do something non-academic each day. Here are some ideas: get some fresh air, exercise, create music or art, spend time with friends, list things you're grateful for, prepare a meal, do something helpful for others, or sit in the sun. Choosing to de-stress will reduce your distress! If you prefer structured or guided stress management, check out these [apps](#).

Choose professional support at the [Counseling Center](#) if you find it difficult to distance from feelings such as dread, doom, anxiety, or hopelessness, or if you're feeling stuck – we're here to help.

Finally, take a deep breath, remember that you get to make new choices each day, and be confident in your readiness.

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