

Tips to Help Prepare for the Final Stretch

Finals are a stressful time for many students, but Wellness USF has some ways you can provide support to help your Bull be successful and stay stress free.

1. Teach them to budget their time

Encourage your student to try the Pomodoro Technique, and no, we are not talking about pasta sauce here! Have your Bull use this resource to help them with time management while studying. A free app is also available at <https://itunes.apple.com/us/app/easy-pomodoro-timer/id743831144?mt=8> and can be used as a handy tool to keep them on schedule.

Pomodoro Technique:

1. Set a timer for 25 minutes
2. Study without interruption until the timer rings
3. Take a 5 minute break
4. Repeat
5. After 4 Pomodoros, take a 30 minute break

2. Stretch and Breathe

Breathing helps our bodies replenish our brain and other vital organs with essential nutrients. USF offers a variety of yoga and meditation classes through Campus Recreation that will help calm the mind and recharge the body. The Wellness Center also provides free chair massages daily and will be handing out stress packs during finals week. Encourage your student to take a moment and breathe—they can do this!

3. Physical Activity for Clearer Thinking

When stress affects the brain, the rest of the body feels the impact. So it stands to reason that if your body feels better, so does your mind. Campus Recreation offers free fitness classes, outdoor facilities and canoeing at Riverfront Park. Suggest your student visit their website and stay physically active during finals. Visit Campus Recreation's website at <http://usfweb2.usf.edu/campusrec/>.

4. Eat Well for Stamina

Finals week can sometimes feel like finals year for your Bull. Remind them to make healthy choices to help keep up their stamina. Eating fruits, vegetables and drinking plenty of water will help your student stay charged and ready to take on their day and ace those finals.

5. Have Fun!

If your student is feeling stressed, the best thing they can do is smile—a mini-horse wearing shoes might be just the thing to help them crack that grin. Wellness USF will be offering your student the opportunity to pet a pup and spend time with a mini-horse named Boo. Therapy Pet Connection will be on campus Tuesday, April 29 from 11 a.m.-1 p.m. outside the Library. Ask them to send you a selfie with their new friend Boo! Visit Therapy Pet Connection on Facebook at <https://www.facebook.com/TherapyPetConnection>.

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