Jake winced as he stared at the mathematical equation in front of him. He had done this problem at least a dozen times before. Jake tried to concentrate on his notes, but the energy drink he had chugged made his hands shake. He felt too amped to concentrate on the details at hand. Plus, his recent lack of sleep due to his social life did not help his current status either.

In contrast, Ellie awoke from her eight-hour sleep, ready to face the day's tasks. She ate a quick, light breakfast of oatmeal and fruit before heading out the door. She followed her regular schedule of class, lunch and work. After work she ate a quick, nutritious supper and studied for two finals, spending about 30-45 minutes on each subject.

Ellie did not need to spend extra amounts of time on any one subject, because she had set aside a small amount of time each day to study throughout the semester. Who are you similar to? Jake or Ellie? To make life easier, why not make some minor adjustments to be more like Ellie this finals season? Use the following tips to help reduce stress.

What are your triggers that let you know you are in need of some stress intervention? You might be stressed if you are experiencing any of the following symptoms; trouble focusing, trouble sleeping, loss of appetite, moodiness, headaches, diarrhea, or stomach aches.

These are all signs that you need to implement some changes, which include; making a to-do list and managing your time well, being positive, and being flexible. Remember, spur-of-the-moment things happen in life and one must plan accordingly.

Be nice to yourself and make some relaxation time. Laughter is the best medicine; watch a funny movie. Work on a hobby or read a book. If you need any help call a friend and talk. Play your favorite music, or better yet, dance! Take a hot bath and relax.

Make healthy choices. When you take care of your body, you are better able to manage stress. Be sure to get enough sleep, eat healthy foods and avoid caffeine, smoking, and high consumption of alcohol.

By utilizing these techniques you can successfully complete your finals. The staff at Student Health Service’s wishes you good luck as you finish the semester. Have a safe summer break and visit us for your healthcare needs. We will be open Monday through Thursday 8 a.m. to 7 p.m. and Friday 8 a.m. to 5 p.m.

**Upcoming Events**

**May is National High Blood Pressure Education Month!**

Stop by Student Health Services for a free blood pressure check.

**Saturday, May 10 to Friday, May 16 is finals week!** We wish you good luck as you finish the semester.

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**Ask a Shocker Nurse: Andrea Bribiesca, RN, BSN**

**How to Successfully Conquer Final Exams**

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