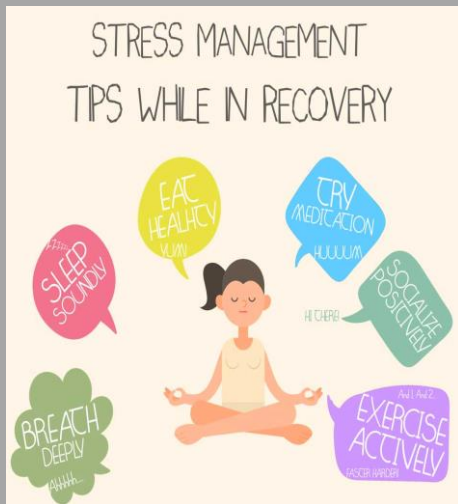
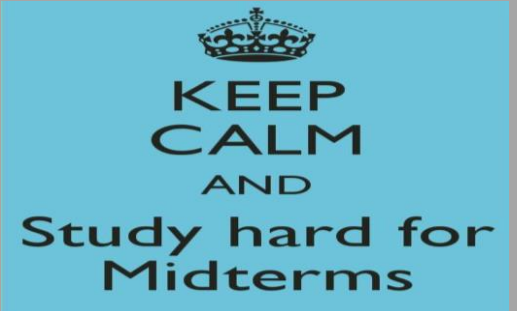


# *INSIDER TIPS: Stress Management*

The month of March signals the beginning of spring semester midterms! It is important that you find ways to destress and balance your studying during this time.

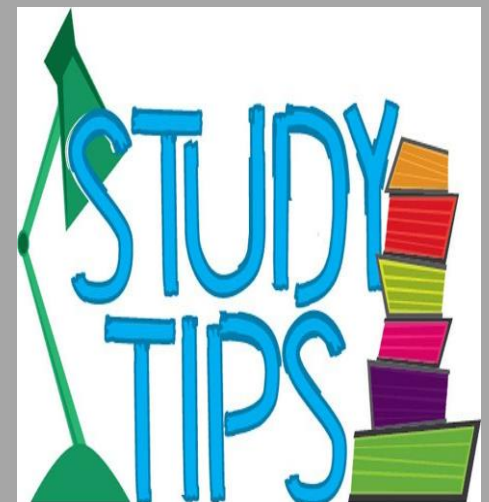


## **Fun ways to manage stress:**

- Laugh, even if it is forced: They always say that laughter is the best medicine!
- Make sure you get a good night's sleep
- Watch a quick meditation video to help clear your mind
- Watch a funny video (old vines anyone?)
- Listen to some music, **BUT NOT WHILE STUDYING!**

## **Study Tips:**

- Pick a quiet study space
- Know what time you are most productive and study then
- Make a to-do list of things you need to cover for each class
- Study everyday, even if it is only for a little bit
- Take breaks, cramming for hours is not helpful
- Ask for help, if you need it!



## **Did you know...**

You can email Lucie to schedule an appointment to get help with classes, internships, advising, or just life! Send an email to [blauve@umbc.edu](mailto:blauve@umbc.edu)

