

BEFORE FINALS: GIVE YOURSELF GRACE, SPACE, & TIME .

**PREPARING FOR FINALS...
TAKE A MOMENT TO FIND YOUR OWN WAY TO
SUCCEED & MANAGE STRESS.**

HAVE A PLAN FOR YOUR WELL-BEING



PRIORITIZE ONE THING AT A TIME



PLAN STUDY GROUPS



**PAUSE ON SOCIAL NETWORKS
& GAMING**



REMEMBER THIS IS TEMPORARY



**For health & wellness resources, use Beach
Wellness website.**

***In crisis? Text **BEACH** to 74-17-41 for free 24/7
mental health crisis support.***