

DURING FINALS WEEK: GIVE YOURSELF GRACE, SPACE, & TIME.

LISTENING TO YOUR MIND & BODY CAN BE DIFFERENT FOR EVERYBODY.

DO WHAT WORKS FOR YOU.

*Are you:*

*hungry, tired, energized, drained ...*

EAT: BALANCE MEALS & SNACKS



SLEEP: POWER NAPS



3 MINDFUL BREATHS



BE MINDFUL OF YOUR STRESS



For health & wellness resources, use Beach Wellness website.

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