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# 8 STRATEGIES FOR STUDENTS TO RELAX DURING MIDTERMS

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## SET BOUNDARIES

Don't be afraid to say 'no' even to the fun things. Schedule time in your calendar to study, but don't forget to schedule guilt-free time to rest.



## FIND A FRIEND AND DO A NON-SCREEN RELATED ACTIVITY

Go for a jog, take a stroll around campus, spend time at a coffee shop, listen to music, play cards or a board game, volunteer.



## GET REST/SLEEP

Hopefully this one is self-explanatory!



## TREAT YOURSELF TO LUNCH OR DINNER

Before a big exam or paper – go somewhere you've always wanted to try or your favorite local spot. Don't wait until after you're all done, take some time for yourself and eat well!



## LIMIT SCREEN TIME

Take "screen free" breaks alone – stretch, breathe deeply, practice meditation, and practice eating meals without your phone.



## MOVE YOUR BODY!

Walk, run, or find free workouts on YouTube – just make sure you aren't sitting still. Check out free fitness classes at your rec center or local gym and get moving!



## SWITCH UP YOUR STUDY LOCATIONS!

Always go to the same room in the library? Look for other study areas around your campus, or, you can always stop by your local public library!



## MAKE A PLAN FOR FINALS WEEK

What study habits worked during midterms? What didn't? Take note of that information and use it during finals week!



## SHARE YOUR EXPERIENCES WITH OTHERS

Overall wellbeing is more than just a treat yo' self moment, so don't be afraid to share your experiences with others. Show us how you [#midtermselfcare](#) on twitter and tag us at [@Routledgebooks!](#)