

Finals Week Stress Survival Guide

Finals Can Be Overwhelming

Finals week can feel like a nonstop race — back-to-back exams, endless notes, and mounting pressure. It's easy to feel overwhelmed and forget to take care of yourself. But your mental health matters, especially now. This guide is here to help you stay focused, grounded, and a little less stressed with simple, science-backed strategies that actually work.

7 Tips That Actually Help

You don't have to push through finals week on fumes. Here's how to take care of your brain and your grades:

1. **Plan brilliantly:** Break tasks down into bite-sized goals. Use time-blocking. Sleep is fuel: Get 6–8 hours — your memory depends on it.
2. **Fuel your body:** Choose snacks that energize, not crash.
3. **Take breaks:** Try the Pomodoro method: 25 minutes study, 5 minutes break.
4. **Talk it out:** Lean on friends or contact mental health support.
5. **Redefine success:** You're more than a grade. Celebrate small wins.
6. **Be kind to yourself:** Do something daily that makes you smile.
7. **You deserve support,** and it starts with small habits that protect your peace.



You're Not Alone Here

Finals stress is totally normal — and you don't have to tackle it solo. In fact, talking about your stress and checking in with others can boost your mood and motivation. Active Minds chapters across the country are hosting “Stress Less” events this finals season — don't miss out on free resources, snacks, and a moment to breathe.