It’s the end of the semester, which means two dreaded words: Finals week. Students often experience a higher amount of stress during finals week. To help your student cope, here are some tips:

1. **BREATHE**: Teach them to manage their stress in a healthy way. One great way is noticing your breath by saying, ‘I am breathing in’ when you breathe in and ‘I am breathing out’ when you breathe out. Make sure you are modeling this for them. Even if they roll their eyes, or say it is stupid, modeling is the most powerful form of learning, so be sure to model healthy ways to cope with stress.

2. **PRACTICE MINDFULNESS**: Mindfulness helps bring you out of your anxious thoughts and into the present moment. Two easy methods: “3x3” works by taking in your surroundings and noticing three things you hear, three things you feel, and three things you see. Another is to look around you and notice something that starts with an A, a B, a C, etc. until you’ve completed the alphabet. For more information and research about mindfulness check out www.mindful.org.

3. **TEACH THEM “TLC”**: TLC stands for “Talk to a friend, Look for the silver lining, and Change the channel.” If your student is feeling anxious, they should **talk** to a friend/parent/counselor, then **look** for the silver lining (no matter how bad things are, there is always a silver lining or a way things could be worse) and then **change** the channel – which means find a positive distraction such as taking a walk, taking a shower, or doing a mindful breathing exercise.

4. **DEMONSTRATE “RID”**: RID yourself of anxiety by first **Renaming** your thought – remind yourself that you’re just having an anxious thought. Then **Insist** that YOU are in charge (not your anxious thought). Anxiety plays tricks on us and what we worry about rarely comes true. Then **Defy** your anxiety by doing the opposite of what your anxiety wants you to do. Anxiety wants you to avoid what you are afraid of. You need to do the opposite: Face your fear and you will overcome it.

5. **ENCOURAGE GRATITUDE EXERCISES**: Being grateful helps your student reframe their thoughts. Studies show that people who engage in the habit of expressing gratitude are more likely to be happy and healthy. Gratitude exercises can be as simple as thinking of three things for which you’re grateful, sending a quick thank-you text to a friend, or jotting down a couple reasons why you feel lucky.

6. **TELL THEM TO SET ASIDE QUIET TIME**: Encourage your student to find a few minutes of alone time each day to relax, stretch, or listen to music to reduce negative emotional states. Encourage them to plan a weekly workout schedule. Thirty minutes of aerobic exercise 3-5 times a week can help the mind and body handle stress.

7. **MAKE SURE THEY ASK FOR HELP**: Remind your student that it’s okay to ask for help – whether for academics, stress, or mental health. Make sure your student knows about campus health programs, mental health services, and resources. Encourage them to seek help if needed. In addition, familiarize yourself with resources for parents and create a list of people you, as a parent, can reach out to on campus if you are concerned about your student’s health and mental well-being.

Campus Resources:

- Counseling and Psychological Services (CAPS)  
  513-556-0648 | uc.edu/counseling
- University Health Services (UHS)  
  513-556-2564 | med.uc.edu/uhs

The Student Wellness Center offers free items, resources, and programs to students throughout the semester! To see what events are planned, visit the Student Wellness Center Calendar.

Student Wellness Center | 675 Steger Student Life Center | 513.556.6124 | @UC_Wellness | uc.edu/wellness