

Finals

STRESS BUSTERS WEEK

Make time for self-care this week, and de-stress by coloring, exercising, or playing a game of Skribbl.io with your Academic Coaches from the CLC.



4/27/20
MONDAY

4/28/20
TUESDAY

4/29/20
WEDNESDAY

4/30/20
THURSDAY

5/1/20
FRIDAY

GET ORGANIZED

Make a list

Visualizing the work you need to complete can be helpful. Try writing out a list of everything you need to get done during finals week—and include deadlines. Once you see everything listed out, the task at hand may feel less daunting.

50/10Rule

Work in 50 minute chunks & use the last 10 minutes to give your body a break from the material you have been studying.

GET ACTIVE

Get some exercise

Check out

[VCU's Recsports](#)

NEW Virtual Programming!

Listen to your favorite playlist

Choose music that you enjoy and that fits your exercise routine so you can get the most out of your sweat session. Use music as a motivator!

GET CALM

Group Mindfulness Virtual Session

<https://zoom.us/j/389956986>

[The Well](#) will be providing a 15-20 minute group guided meditation. This will be a live audio stream. Practice a different guided meditation each week. Suitable for all levels of practice.

No need to sign up for an appointment, just click on the link above. Each week on Wednesdays at 2:30pm,

Breathe2Relax

A simple app that teaches breathing techniques as a way to manage stress.

GET CREATIVE

Skribbl.io

[3:30-4:30 pm](#)

[Google Sign-up](#)

Join the CLC Coaches for an afternoon of fun and drawing. Take turns drawing and guessing what it is!

Hope to see you there!!

Colorfy

Choose from thousands of designs to color from: flowers to animals to famous works of art. Take a few moments to yourself if you need a break from studying and paint.

GET SLEEP

Sleep Time

Sometimes the easiest solution to get through exams is to get a good night's rest. Sleep Time can help you with that. The app provides insight into your sleep patterns by tracking your movement throughout the night.

Balance

A personalized meditation audio app that adapts to you.



RELAX



VCU

Campus Learning Center
Student Success