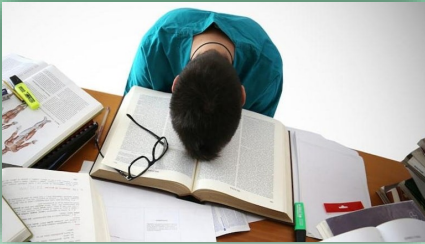


# Wellness Counseling Corner Newsletter

Make a Counseling Appointment!! All sessions are free and confidential.  
Contact Michele Leamer, Counseling Services Office Manager at:  
(814) 886-6515 or mleamer@mtaloy.edu

## Finals are coming!



### Signs you might be stressed during finals:

- \* Frustration and irritable over minor things
- \* Increasingly disorganized and forgetful
- \* Frequent tension headaches
- \* Difficulty sleeping
- \* Skipping meals
- \* Back and/or neck aches

### Tips for beating finals stress:

Exercise and stay active

Eat well and don't skip meals

Limit caffeine

Take study breaks

Avoid stressful people

Visualize getting good grades

Don't cram the night before

**R**ead the question carefully and then reread the passage or problem to find the right answer.

**E**xamine every answer choice before you chose your answer.

**L**abel your answer in the passage or in the problem.

**A**lways check your work.

**E**l-out answers that cannot possibly be correct.

CLICK HERE FOR : [5 Minute Breathing and Mindfulness Video](#)

CLICK HERE FOR: [Positive Affirmations](#)

CLICK HERE FOR: [Free Coloring Pages](#)

CLICK HERE FOR: [Test Taking Tips](#)



WHETHER YOU  
**THINK YOU CAN,**  
OR THINK YOU CAN'T,  
**YOU'RE RIGHT.**  
(HENRY FORD)