



**A QUICK NOTE
ABOUT DEAD
WEEK AND FINALS**

cougar support den

introduction

Hi everyone! Once again we would like to thank Bring Change 2 Mind for last week's takeover ♡ Also a big congratulations to the newly elected class officers!!

We are finally approaching the end of this long, crazy schoolyear, but that means finals are coming up...

Since these next two weeks are arguably the most stressful of the year, we wanted to give some quick notes & reminders!

note #1

While taking care of your mental health is so so important, it's important to remember that no one is perfect.

Especially under finals season, it can become really difficult to maintain your mental health and self care – don't scrutinize yourself for having trouble or "not taking care of yourself enough" as you are already having to work yourself so hard! Your feelings are valid and it's okay if you find yourself losing motivation or will.

note #2

Feeling guilt or shame for not doing (or being) enough becomes really common when we start equating our self value with the work we put out

While it's unrealistic to expect people to ignore outside factors affecting them, there are some things you can do to still give yourself some care! Some of these things include:

- giving yourself breaks and naps!
- taking walks & going outside
 - stretching or yoga
 - drinking water!!!
- snacks >:) and meals don't forget meals
- spending time with family, friends, pets
- consuming a healthy amount of entertainment
- hobbies (singing, painting, skating, whatever you like!)

"i wish you luck but sleep" – jac

note #3

If you ever need academic support, the learning lounge is open Monday through Thursday via zoom for academic support (find it on the schoolloop page or tons of officers' links).

Also explore the resources on ECARMS and see if they can help you study or complete projects and assignments!

Remember that reaching out for emotional support is super important as well. If it feels too overwhelming to open up to your family or friends, Jac, Rachel, and Ms. Graves will always be here to listen and talk in whatever form you need :)

"^^^ yes" – rachel



**REMEMBER
TO BREATHE**



**YOU ARE GOING
TO DO AMAZING!!!**

we love u <3

