



Tips for Managing Finals Stress



1. Rest: more sleep

Practicing self-care prevents burnout, makes us more effective students, and keeps us resilience-oriented



sleep 6 - 8 hrs a night, create a soothing living space, breathing exercises/meditation, hot bath or shower

2. Restore: what fills your cup?



3. Care: the not-so-fun stuff

hanging out with friends, engaging in favorite activities, praying, journaling, creating art



grocery shopping, prep easy meals, do laundry, clean your living space

4. Dealing with Anxious Feelings



grounding exercises, mindfulness, meditation, deep breathing, talk with someone you trust

Campus Mental Health Resources



CAPS (Counseling & Psychological Services)

Your mental health care home

Psychological services, resources & referrals
Insurance consults/clinical coordination



Case Management Services

Support and referrals for students in crisis

Refer yourself or others

Connection to campus resources



CARE (Campus Assault Resources and Education)

Confidential support services

Healing & mindfulness workshops



My SSP (free for all students)

24/7 chat or phone call with a professional in
Mandarin, Spanish, French, English, and others
Providers know unique challenges of
international students

Free wellbeing assessments, articles, podcasts



TAO (free for all students)

Self-help platform built to support student
educational and skill development needs

Skills like: improving mood, calming anxiety,
succeeding in relationships, improving
communication skills, etc



Lyra (for UC SHIP)

Fast access to a coach or therapist

Search options for identities and specialties

24/7 appointments and care access