

REMINDER:

YOUR MENTAL
WELL-BEING
MATTERS!

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CANADIAN FEDERATION OF STUDENTS



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Being a student is tough. While we are dealing with the rigors of studying and maintaining good grades, often we are juggling multiple low-wage or unpaid jobs, supporting our families and thinking about our futures. That is a lot!

This exam period, your friends at the Canadian Federation of Students want to make sure you are taking some time to care for your own mental well-being.

HERE ARE EIGHT TIPS THAT CAN HELP YOU DEAL WITH STRESS WHILE YOU STUDY:

- 1. Take breaks regularly.** With so many things on the go it might seem impossible to even think about taking a break, but taking leisure breaks can really help you work more efficiently. Try taking a half-hour out of each day to do something that actively de-stresses you. This could be writing, colouring, reading, going for a walk or even watching Netflix.
- 2. Make sure you've eaten and drank water today.** This might seem like a simple one, but so often in high-pressure situations we forget that we have to eat and stay hydrated.
- 3. Get some sleep.** With all of the academic material in the world to cover you are probably thinking, "I don't have time to sleep," but sleep deprivation can increase stress and make it harder for you to concentrate.
- 4. Be active.** Getting exercise can be one of the best ways to reduce stress. It helps your body produce endorphins - the stuff that makes you feel happy! Even taking 30 minutes to go for a walk will help.
- 5. Find the study method that makes the most sense for you.** Everyone learns differently, but there is often pressure to conform to the ways your peers are learning. Try different study methods to find what works for you.
- 6. Talk to friends and family about how you are feeling.** You are not alone. Seek the support of friends and family when you feel like you need to vent or seek advice. Try to also think of at least three things that are going well for you and share those experiences.

GOOD LUCK THIS EXAM SEASON!

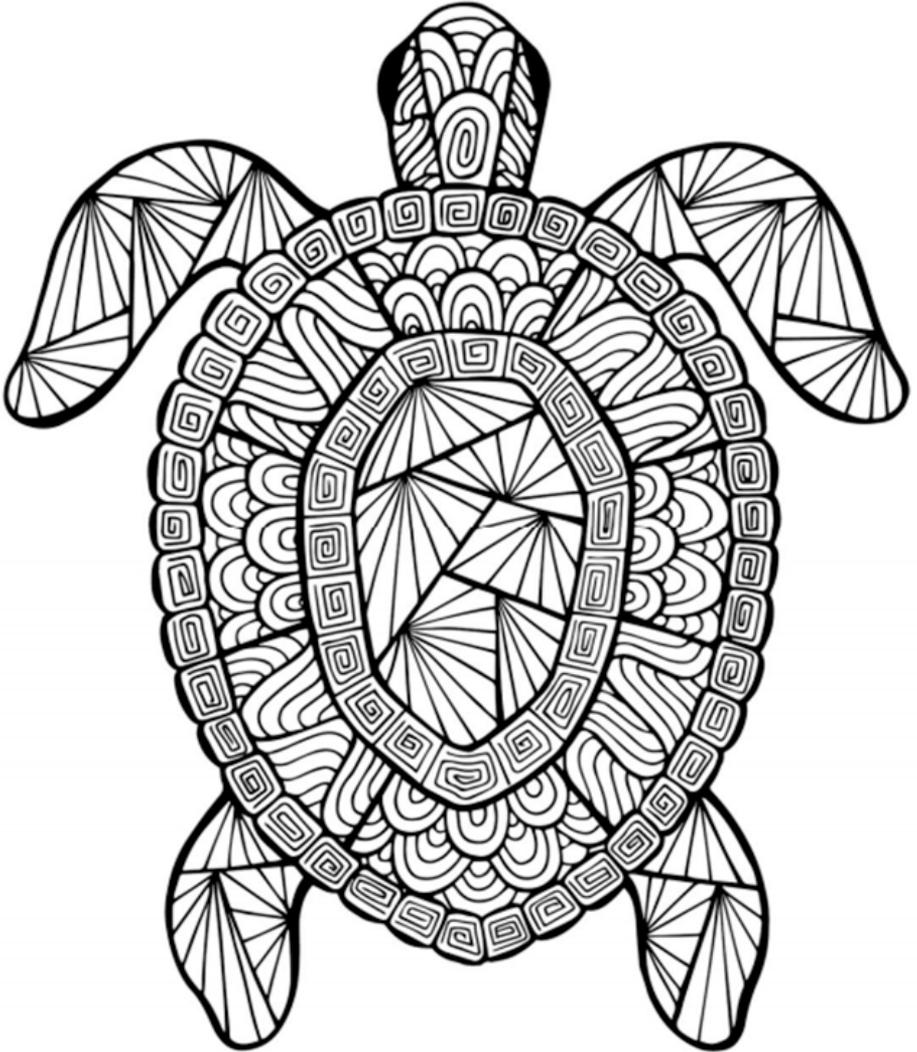
- 7. Take time to get some further support.** The Ministry of Advance Education and Skills Development runs a post-secondary student mental health helpline called Good2Talk that provides free, bilingual and confidential counseling and referrals for other resources. The helpline runs 24-hours a day and seven days a week all year just call 1 (866) 925-5454.
- 8. Remember, you are awesome.** If you missed a deadline or didn't do as well as you hoped on your last test; remember none of that makes you who you are. And you are so awesome!



YOUR NATIONAL STUDENTS' UNION

The Canadian Federation of Students' is your national students' union. You and more than 500,000 college, undergraduate and graduate students from coast to coast are members of the Canadian Federation of Students.

COLOUR ME!



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