



Campus Resources During Final Exams

Finals can be overwhelming, but you're not alone. College campuses offer many resources to battle the stress.



Campus rec centers:

Moving your body can relax your mind. Get your steps in on the treadmill or take a free workout class.



Study spots:

Get out of your dorm and find a new place to study. Whether it's the library, coffee shop or an outside area, a new location can be refreshing.



Group study:

You don't have to be alone during finals season. Study with others in your major or attend a peer tutoring session for your class.



Mental health resources:

Prioritize your mental well-being during stressful times. Connect with your school's mental health center for a check-in.



OhioHealth

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