

# FINISHING STRONG

STUDENT COUNSELLING UNIT  
MENTAL HEALTH AWARENESS SERIES

ALTHOUGH ACADEMICS ARE A PRIORITY, REMEMBER THAT OTHER ASPECTS OF YOUR LIFE NEED ATTENTION AND CARE AS WELL. THE PRACTICES BELOW WILL HELP YOU MAINTAIN BALANCE AND KEEP THINGS IN PERSPECTIVE.

## CONSISTENT STRESS MANAGEMENT

Identify potential stressors and use your problem solving skills to come up with constructive ways of coping (e.g. if you are juggling too many responsibilities such as home chores or tasks related to a leadership position, speak to the relevant person/s to find out if you can delegate certain tasks to others). Consistent stress management can help you prevent or mitigate the effects of stress. Examples include:

Getting enough sleep (7-8 hours) and following a consistent sleep schedule.

Fueling your body with enough water, healthy food and snacks.

Engaging in physical activity e.g. walking, running, going to gym.

Staying connected to friends and family.

## TIME MANAGEMENT

Managing your time efficiently, including proper planning and prioritizing will help alleviate stress and help with better mental wellbeing.

Avoid procrastinating.

## REACH OUT

Access the resources around you. Ask for help if you do not understand or are struggling with a specific problem. Your lecturers, tutors, peers and student affairs staff are useful resources.

## CELEBRATE YOUR ACHIEVEMENTS

Making it through the year shows that you are resilient.

Acknowledge all the important steps you took this year to help you succeed, despite it being challenging and congratulate yourself for making it this far.

## FOCUS ON THE FINISH LINE AND MAKE TODAY MATTER

Focus on the finish line e.g. visualize the rewards that will be present after finishing the semester well. Focus your attention and energy on what you can do over the next few weeks to achieve that outcome. Make everyday count by studying or revising daily leading up to exams.



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FOR MORE INFO OR SELF-HELP RESOURCES, CHECK THE STUDENT COUNSELLING UNIT'S WEBSITE:  
[HTTPS://WWW.UP.AC.ZA/STUDENT-COUNSELLING](https://www.up.ac.za/student-counselling)  
FOR ACADEMIC SUPPORT CONSULT WITH YOUR FACULTY STUDENT ADVISOR:  
[HTTPS://WWW.UP.AC.ZA/TEACHING-AND-LEARNING/ARTICLE/2494904/FACULTY-STUDENT-ADVISORSFSA](https://www.up.ac.za/teaching-and-learning/article/2494904/faculty-student-advisorsfsa)  
FOR 24 HR SUPPORT CALL THE UP CARE LINE: 0800 747 747