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Educational Resources

Mindfulness for Finals? Yes, Please.

Feeling overwhelmed?

Brain fried from studying? Here's something that might help — and no, it's not more caffeine.

Mindfulness is all about paying attention *on purpose*, in the *present moment*, *without judgment*. It's not just for yogis or meditation pros — it's for anyone who wants to feel more focused, less stressed, and mentally present (yes, even during finals).

So, why should you care during finals week?

Practicing mindfulness can actually:

- Calm your nervous system (hello, exam nerves )
- Improve your focus and memory (aka help you *remember what you studied*)
- Lower stress and anxiety (goodbye, overthinking)
- Help you stay grounded instead of spiraling about grades or GPA



Upcoming Events

Stress less week

Well-Track boost is free using your FAU email address and has mindfulness modules and meditations. Check it out here: <https://fau.welltrack-boost.com/>



Wellness Tip

Quick Ways to Practice Mindfulness During Finals:

- ✓ Deep breathing – Try box breathing or belly breathing between study sessions. It works.
- ✓ Take mindful breaks – Step away for a few minutes, stretch, notice your surroundings, *breathe*.
- ✓ Mindful eating – Your brain runs on fuel. Don't skip meals—eat slowly and actually taste your food.
- ✓ Reframe unhelpful thoughts – Would you say "you're not smart enough" to your best friend? No? Then don't say it to yourself.
- ✓ Use your 5 senses – Set a 2-minute timer and just notice what you see, hear, feel, smell, or taste. Sounds small, but it helps big time.

Mindfulness isn't about being perfect or stress-free — it's about noticing what's happening and being kind to yourself in the process. Finals are tough, but you're tougher (and now, a little more mindful).

You got this.



Challenge of the Month

Join the Owls Wellness Lifestyle Challenge!

Digital Detox- take a break from your socials and reduce your screen time