

# Exam stress getting to you?

Check out this self-care bingo card with tips for tackling any overwhelming feelings. Cross out each one you try to put yourself first this exam season.



**Taking a moment**



**Mapping out your studies**



**Moving your body**



**Take a break**



**Journaling and music**



**Switching off**



**Positive affirmations**



**Taking care of your needs**



**Talking about what's on your mind**