

# OPPORTUNITIES TO DE-STRESS

## DURING FINALS ON AND OFF CAMPUS

### MAY 1

- GRAD BREAKFAST CONNECTIONS – 10:00 AM
- INDIGENOUS CULTURES, GENDER, & HEALTH – 1:30 PM TO 3:00 PM
- STARGAZING SPECTACULAR – 8:00 PM TO 9:15 PM

### MAY 2

- PRISM'S GRADUATE STUDENT SIP & STUDY – 1:00 PM TO 4:00 PM
- FIRST FRIDAY MUSEUM MEETUP AND ASL SOCIAL – 5:00 PM TO 7:30 PM
- LIT OPEN MIC NIGHT – 5:30 PM TO 7:00 PM
- ART NIGHT (LAMBERTON HALL) – 8:00 PM

### MAY 3

- ROOTED - HEALTH & WELLNESS EVENT (ALLENTOWN) – 11:00 AM TO 4:00 PM

### MAY 6

- STUDY NIGHT AT THE MUSEUM – 11:00 AM TO 7:00 PM
- TAKE BACK YOUR BODY YOGA (MAIDA) – 4:30 PM TO 5:30 PM

### MAY 7

- WAFFLE WEDNESDAYS – 9:00 AM TO 11:00 AM

### MAY 8

- CREATE WITH LUAG AT THE BETHLEHEM FARMERS' MARKET – 10:00 AM TO 2:00 PM

### MAY 10

- LUAG COMMUNITY WORKSHOP: POP-ART CARD WORKSHOP WITH KAYLA GIBBONS – 1:00 PM TO 3:00 PM

### POST FINALS

- PACE THE PRESIDENT MAY 13, 18, 20, 27 AT 6:30 AM
- LIVE ON THE GREENWAY SUMMER CONCERT SERIES MAY 18TH AND MAY 25TH FROM 1-3 PM



# 5 FINALS WEEK MENTAL HEALTH TIPS THAT ACTUALLY HELP

*You are not your GPA. Your worth is not defined by a grade.  
Doing your best includes taking care of your mental health.  
Let's finish this semester strong and with our minds in check.  
You got this — and you're not alone.*

1

- TRY THE 20-5 STUDY STRATEGY  
STUDY FOR 20 MINUTES, THEN TAKE A 5-MINUTE BREAK. THIS APPROACH HELPS SOME PEOPLE STAY FOCUSED—FEEL FREE TO TRY IT OR ADJUST BASED ON WHAT WORKS BEST FOR YOU.
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2

- FUEL YOUR BRAIN, NOT JUST YOUR GRIND  
EAT REAL MEALS (YES, EVEN BREAKFAST) AND HYDRATE. SKIPPING MEALS = BRAIN FOG.
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3

- SCHEDULE YOUR STRESS  
SET A 15-MINUTE “WORRY WINDOW” EACH DAY WHERE YOU ALLOW YOURSELF TO STRESS. OUTSIDE OF THAT TIME, GENTLY REFOCUS.
- 

4

- BREATHE BEFORE EXAMS  
TRY BOX BREATHING (INHALE FOR 4, HOLD FOR 4, EXHALE FOR 4, HOLD FOR 4) TO CALM YOUR NERVOUS SYSTEM FAST.
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5

- GIVE YOURSELF A GOLD STAR  
CELEBRATE EVERY COMPLETED ASSIGNMENT — EVEN THE SMALL ONES. PROGRESS IS WORTH ACKNOWLEDGING.
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## TOOL KIT:

PLAYLIST: LO-FI BEATS  
FOR STUDY FOCUS →  
SPOTIFY: LO-FI STUDY

5-MINUTE GUIDED MEDITATION:  
CALM YOUR MIND FAST →  
HEADSPACE ON YOUTUBE

STRETCH BREAKS: TRY THIS 10-MINUTE RESET



# MANAGE STRESS OR TAKE A BREAK DURING FINALS

*Looking for ways to manage stress or take a break during finals?  
Check out these campus options!*

Library Finals Events:  
Keep an eye out for events  
hosted by the library during  
finals week.

## FML Meditation Space:

Dedicated space, located on the 5th  
floor north, for individuals of all  
religious faiths & non-religious  
beliefs to experience a place for  
peace, prayer, meditation, &  
reflection.

## Meditation Room – Office of Jewish Student Life

## EWFM Meditation, Prayer, and Reflection Space

YOU CAN  
DO HARD  
THINGS



# FINALS WEEK & CURRENT EVENT VIDEOS + TOOLS

*As finals season is upon us, we are balancing even more deadlines and exams and responsibilities than usual, all while trying to take care of our basic needs.*

6 tips for better sleep | Sleeping with Science, a TED series

Managing Academic Stress: Tips for College Students Preparing for Finals

10 Tips to Help You through Finals Season | BU Today

Test Anxiety: A video crash course with tips so you can conquer finals!

College Mental Health Toolkit: Facts, Tips & Resources for Students

*As if the stresses of being a student weren't enough, current events and news are added stressors that can make it feel impossible at times to focus on our responsibilities. Below are some general online resources with tips on coping:*

How to cope with political stress this election season – An APA podcast

Political Stress | UCSF

I'm stressed about current events. How can I practice self-care during uncertain times?

5 Ways to Manage Politically Induced Stress

Ways to Look After Your Mental Health at Times of Political Uncertainty

How to Meditate When You Can't Sit Still - The New York Times



# LEHIGH UNIVERSITY CAMPUS MENTAL HEALTH RESOURCES

*Lehigh offers a range of free, confidential support services for student mental health and well-being.*

*This includes 24/7 real-time support via Telus Health, short-term individual counseling, group therapy, outreach and consultation, and crisis services For urgent needs, students can contact campus police, the Dean of Students, or submit a Student of Concern Form for additional help and peer support.*

## TELUS HEALTH STUDENT SUPPORT

- Real-time chat & Telephone support 24/7
- Short term support from a dedicated counselor
- Health Assessments, Health & wellbeing content, & Virtual fitness sessions
- Free and Confidential

## COUNSELING & PSYCHOLOGICAL SERVICES (UCPS)

- Whether our students are navigating new circumstances, renegotiating relationships, contemplating identity, considering making a change, or are wanting a safe place to talk about feelings or experience of the world, UCPS is here.
- Offers Individual & Group Therapy
- Call: 610-758-3880
- Email: [incso@lehigh.edu](mailto:incso@lehigh.edu)
- Expect to provide your name, date of birth, and LIN

## EMERGENCY/IMMEDIATE CARE NEEDED

- Call Campus Police at 610 758 4200 or 911 and ask for assistance.
- Call the Dean of Students (DOS) office at 610 758 4156 and ask for assistance.
- UCPS offer same day crisis appointments to students who are in need and also have an after hours on-call service that any student can access by calling the main number, 610-758-3880, and following the prompts to get connected to an on-call clinician.

## STUDENT OF CONCERN FORM

## CONCERNED PEER RESOURCES



# LEHIGH RESOURCES FOR COPING WITH CURRENT EVENTS

- [Center for Cultural Engagement](#)
- [International Student Services](#)
- [Resources for Students from Countries in Crisis](#)
- [International Student Assistance Fund](#)
- [International Education, Immigration, and Advocacy](#)
- [Immigration Updates and Travel Advisory](#)



# NATIONAL ONLINE MENTAL HEALTH RESOURCES

## 988 SUICIDE & CRISIS LIFELINE

- Call or text 988 for 24/7 crisis support nationwide.

## THERAPY FOR BLACK GIRLS / THERAPY FOR BLACK MEN

- Websites: [therapyforblackgirls.com](http://therapyforblackgirls.com) / [therapyforblackmen.org](http://therapyforblackmen.org)
- Therapist directories and community-focused mental health conte

## OPEN PATH COLLECTIVE

- Affordable therapy directory with sliding scale rates.

## MENTAL HEALTH AMERICA

- Provides screening tools, information, and local affiliate directories (including PA).

## PSYCHOLOGY TODAY

- Therapist search tool filtered by location, insurance, specialty, etc.

# LEHIGH VALLEY MENTAL HEALTH RESOURCES

## LEHIGH COUNTY MENTAL HEALTH

- Services: Crisis intervention, outpatient and inpatient referrals, children's services, and support coordination.

## NORTHAMPTON COUNTY MENTAL HEALTH

- Services: Supports for mental health and intellectual disabilities, access to outpatient providers, and emergency services.

## ST. LUKE'S BEHAVIORAL HEALTH SERVICES

- Offers: Outpatient counseling, psychiatric services, partial hospitalization programs for adults and children.

## HAVEN HOUSE

- Offers: Affordable counseling, psychiatric services, support groups, and wellness programs in Allentown.

## THE NEIGHBORHOOD HEALTH CENTERS OF THE LEHIGH VALLEY (NHCLV)

- Offers: Integrated behavioral health within community health centers for Allentown and Bethlehem resident