

We are almost there: How will you rest and celebrate the end of the year?



Finals season is here. Stressors are common during the end of semester with often competing demands and deadlines. Take a moment, Breathe, and appreciate all you have done this year. No doubt you've worked hard to make it here. Find some headspace to congratulate yourself for all you have done this year

Resources and Supports

- Do something you enjoy
- Visit the [Unwind Your Mind](#) wisdom corners at U of A libraries
- Book a tea time with a [Unitea](#) host
- [Chat with one of our Interfaith Chaplains](#)
- [Explore Edmonton](#)
- [Take in a tradition](#)
- Start your own Tradition
- [Find the great outdoors](#)

A little planning now might be a little extra motivation to do well on your finals. For more ideas and resources, visit ualberta.ca/current-students.