

# Change your THINKING

- **reframing to challenge response:** stress is my body preparing me to meet a challenge and to perform better
- **remember your goals:** this is just one exam/paper in my journey to finish law school and practice law
- **thought stopper:** tell myself to stop focusing on the negative
- **affirmations:** I can do this, I have studied, I am doing my best
- **mini mindful moment:** ground myself by focusing on my senses bringing me out of my thoughts and back into the present
  - **self compassion:** supportive self talk – if I wouldn't say it to a friend, I don't say it to myself

## Cognitive reframing



Before you speak:  
**THINK**  
**T**= Is it True?  
**H**= Is it Helpful?  
**I**= Is it Inspiring?  
**N**= Is it Necessary?  
**K**= Is it Kind?

**EXAMS!**



## Mindfulness

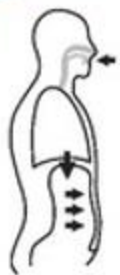


"Can you drop trying to solve your life story for a moment, and enjoy just being alive? Can you feel your heartbeat this second? Can you feel the air going in and out of your lungs? 😊" by Francine

# Change your FEELINGS

- **breathing:** breathe deeply, slow down my heart rate and reduce the stress in my body
- **muscle relaxation:** relax my tense muscles, reduce my stress in my body
- **visioning:** picture a future goal, dream, or accomplishment as if it were already my reality
- **listen to music:** play calming music to change my mood while studying or at anytime
  - **photos:** look at people, places, pets, and things that make me happy
  - **counselling:** to process or regulate my emotions and blocks to studying

## Diaphragmatic **B**reathing



Breathe IN



Breathe OUT

Breath Counting



1. Sit on a chair.



2. Scrunch your face. Count to 3. 1,2,3... Take a deep breath. Relax.



3. Tense your arms. Count to 3. 1,2,3... Take a deep breath and relax.



4. Tense your arms and shoulders. Count to 3. 1,2,3... Take a deep breath. Relax.



5. Tense your legs. Count to 3. 1,2,3... Take a deep breath. Relax.



6. Breathe in relaxation breathe out tension.



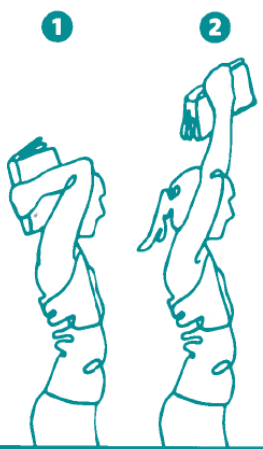
Progressive Muscle Relaxation

# Change your ACTIONS

- **create a study plan:** including study times and my regulation/self-care routines
- **eat and sleep regularly:** my body needs fuel to study
- **go for a walk/exercise:** movement releases endorphins which combat my stress, allowing my brain to performance better
- **ask for support and stay connected:** from my friends, family, professors, study groups – use Allard/UBC resources
- **use tactile items:** stress ball, fidget ring, rocks, etc,
- **drink water:** hydration increases blood flow and oxygen to my brain which means my brain performances better helps me to stay present

## Fit activity into your day.

TRY THE BOOK LIFT:



(don't throw your book)

## sheet pan easy meals for exam time

Sheet pan shrimp fajitas  
To make even simpler, can use pre-packaged taco seasoning



Sheet pan gnocchi  
add white beans or chickpeas for protein



Baked tofu  
a good protein base for salads, bowls, or wraps



Add in:  
• exam dates/times  
• study dates/times  
• self-care dates/times  
• rewards

### Study Timetable

|   |   |   |   |   | November                                 | Sat23                                     | Sun24                                     |
|---|---|---|---|---|--|---|---|
| M25   | T26   | W27   | Th28  | F29   | Sat30                                    | mindfulness study prep breathing<br>R     |   |
| mindfulness Class walk study prep Breathing     | mindfulness Class walk study prep Breathing | mindfulness Class walk study prep Breathing     | mindfulness Class walk study prep Breathing | mindfulness Class walk study prep Breathing | mindfulness study walk study Breathing   | "I am stressed but I can do this"         |   |
|   |   |   |   |   | December                                 | Sun1                                      |   |
| M2  | T3  | W4  | Th 5  | F6  | Sat7                                     | Sun8                                      | mindfulness exercise study Breathing<br>R |
| mindfulness Exam 1 R walk evening off Breathing | mindfulness study walk study Breathing      | mindfulness study walk study Breathing          | mindfulness study walk Exam 2 Breathing     | mindfulness study walk study Breathing      | mindfulness friends walk study Breathing | mindfulness exercise study Breathing<br>R |   |
| M9  | T10   | W11   | Th 12                                       | F13   | Sat14                                    | Sun15                                     | mindfulness exercise study Breathing<br>R |
| mindfulness study walk study Breathing          | mindfulness study walk study Breathing      | mindfulness Exam 3 R walk evening off Breathing | Mindfulness Day off Breathing               | mindfulness study walk study Breathing      | mindfulness friends walk study Breathing | mindfulness exercise study Breathing<br>R |   |
| M16   | T17   | W18   | Th 19                                       | F20   | Sat21                                    | Sun22                                     | Recovery<br>R                             |
| mindfulness study walk study Breathing          | mindfulness study walk study Breathing      | mindfulness study walk study Breathing          | mindfulness exam 4 R relax party            | Recovery R                                  | Recovery R                               | Recovery R                                |   |

"this is just one exam in my journey to finish law school and practice law"

### My goal

