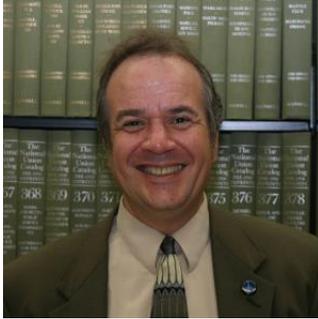


## **De-Stress for Success**

by Richard Kearney



Some people will tell you they thrive under pressure.

Multiple deadlines, not enough sleep, comfort food... no problem!

For most people, though, pressure is not a fun experience. It gets in the way of getting things done, as energy is wasted on anxiety and worry. Sometimes stress can be almost paralyzing.

The welcome arrival of Spring weather also means we're getting close to the end of the semester on May 8. You're focusing on getting assignments finished, preparing for exams. You might even be graduating as part of the Class of 2015.

This is no time to let stress get in your way!

There are plenty of strategies for keeping stress under control at times like this, but many of them boil down to striking a balance between concentrating on work and taking breaks to relax and re-energize.

Even if you don't have the best time management skills, it's easy to see how waiting until the last minute to do everything, chugging energy drinks to stay awake, and cramming can make you hit the wall quickly. And the results are not pretty for you or your GPA.

A better approach will be to seize control over the time you do have left and commit yourself to working at a healthier pace. Spend 30 minutes on an assignment, then take a 15-minute break.

Stretch your muscles. Inhale and exhale. Have a little fun. You'll go back to work with more energy and focus.

The University is offering an entire series of events from April 26 through May 3 under the title "De-Stress Fest." The events include skating, a relaxing spa, arcade games, a late-night breakfast jam, yoga, hiking, and more. These are all good options for when you need a break.

The Library is not the Student Center, but we'll also do our part to create the kind of atmosphere you need to get your work done and reduce stress.

We start our late-night extended hours on Sunday, April 26, continuing these until the last day of exams on Thursday, May 7. On most of those days we'll be open until 2:00 am.

We'll provide whatever kind of space you need to get your work done: super-quiet solitude, social group study, or anything in between.

Most of all, we offer friendly, helpful service. Our staff members are familiar with your professors, your assignments, and the resources that can get you to the finish line without wasting time.

We can help you turn a project from "impossible" to "very manageable" – and we'll do it without stressing you out!

So we invite you to take full advantage of our experience and expertise as you make your way to the end of the semester. Take a deep breath, smile, and let's send that stress monster on its way. You can do this. We can help.

And then you can enjoy a great summer.

