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Mission Possible: Ball State's Student Veteran Newsletter

Upcoming Events

December 10-14—Finals Week

December 15– Winter Commencement

Canned Food drive lasts all semester!

Keep registering for Spring 2013 classes if you haven't yet!

Ball State University

Stay Stress Free

By: Emilee Wolfley

This week is the last full week of classes for the Fall Semester. Take a deep breath, and try to relax because you made it! Now, finals are quickly approaching and you don't know how hard that week is going to be. Studying is always a chore and no one likes to do it, so why not reward yourself after a few good hours of hard work is done? Try doing some of these things between study sessions to relieve the tension.

1. Go to the Recreation Center and play some basketball, ping pong, or work out. Working out releases endorphins and makes you feel like you've done something good for yourself.
2. Make yourself a scrumptious, healthy meal. Fruits, vegetables, yogurt, soy, and lean proteins give you a better energy boost than salty snacks, energy drinks or coffee.
3. Watch a movie and relax with a cup of hot cocoa and a blanket! My roommates and I do this every year during finals week, and we have marathons if we get really crazy.

You have to remember that when you put in the work of studying, you have to reward yourself to stay sane. Good luck!

Happy Holidays from the cutest kitty ever!