

Self-Care During Exam Preparation

Excerpted from: <https://thegirlsguidetolawschool.com/11/self-care-during-exam-preparation/>

Self-care is simply acknowledging that it is time to care for oneself to prevent work burnout. “Self-care is a spectrum of knowledge, skills, and attitudes including self-reflection and self-awareness, identification and prevention of burnout, appropriate professional boundaries, and grief and bereavement” (Sanchez-Reilly et al., 2013). You wouldn’t believe how much of an impact your mental health can have on your studies.

Self-care Strategies:

Visualize your Time

Now that you’ve reached the final weeks of the semester, it is probably time to sit down and plan out exactly what needs to be done, and how much time you have to do it

Plan Specific Times off

It is not possible for anyone to work all hours of the day and trying to do so will only lead to stress and burnout! Once you have a breakdown of how much time you must get the remainder of your work or studying done, be sure to figure out how to fit in some time off to relax.

Find a Productive Space

For many, the ability to focus and be productive can be tied to your environment. In order to maximize your productivity (and keep yourself sane), take some time to consider what types of environments are best for you to get work done in. If the law library is stressful for you, go elsewhere and do not feel pressured to study there. If home does not work for you because it’s noisy, or you have to share your space, make sure you plan times to get out of the house so you can maximize your productivity. If you can find a comfortable space, it will not only make your work more enjoyable during this hectic time but may also allow you to be more efficient!

Stick to a Sleep Schedule

If you don’t get enough sleep, all of the hours you spend studying will be significantly less effective. Not getting enough sleep can negatively impact your mood, health and memory – all things that you need to be in good working condition as you navigate the end of the semester! No matter how much you feel like you have to do, giving up sleep is not the answer. When you make your study schedule, be sure that you are planning in reasonable amounts of sleep when you need it. If you’re a night owl, don’t plan to wake up too early, and, if you’re an early bird, make sure you plan to get to sleep at a decent hour.

Don’t Skip the Gym

The end of the semester is very stressful and skipping out on the exercise will only give you one less way to combat stress. Exercise can be incredibly useful in clearing your head during busy times and can combat stress by releasing endorphins. Even if you can only fit in short workouts a couple of times per week, try your best to keep yourself moving.

Don’t be too Hard on yourself

Most importantly, be sure that you are not too hard on yourself during this time period. It can feel like there is a lot of pressure when studying for the ASWB exam, and it can be easy to beat yourself up over imperfect performances. Try not to hold yourself to unrealistic standards and accept that some things will not go according to plan.

Preparing for the ASWB exam can feel overwhelming. Fortunately, you can make this time a bit easier by planning time to take care of yourself.