



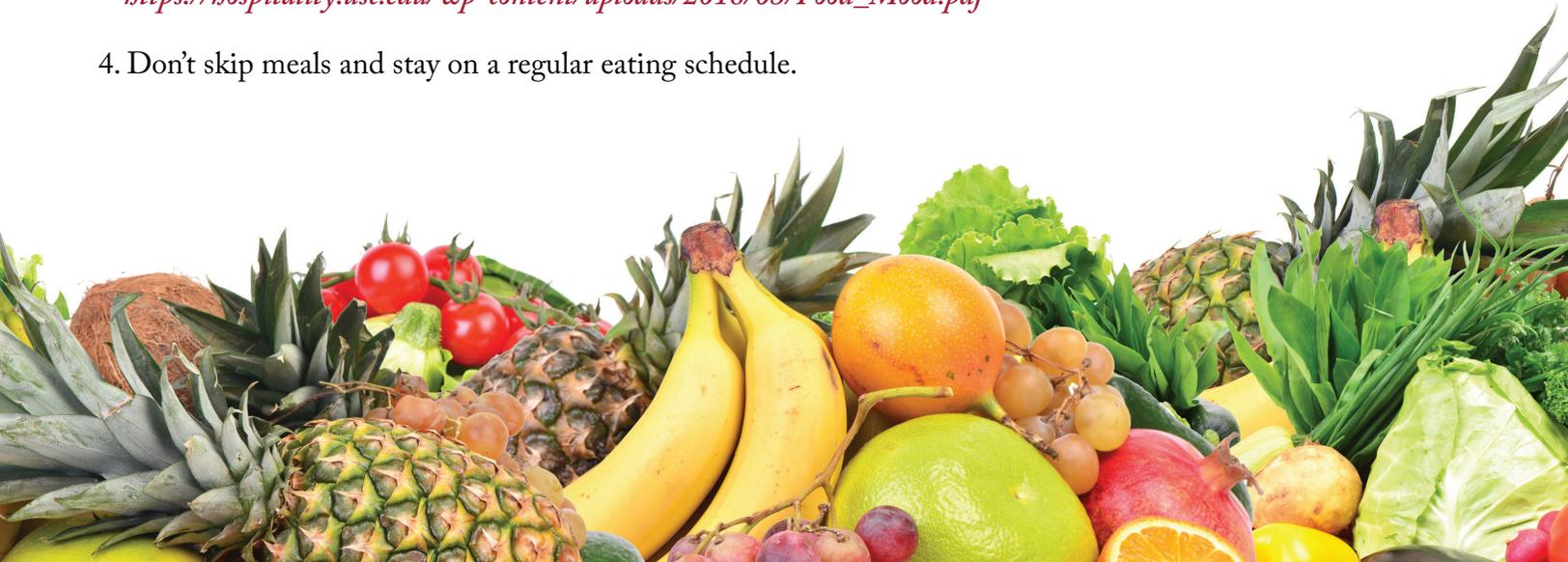
# 10 HEALTHY HABITS FOR FINALS STUDYING

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Studying for exams is stressful and time consuming. I get it. It's just so much easier and comforting to order pizza and reach for fast food and sweets. But, will those foods give you the energy you need to get through this time and thrive? Absolutely not. Poor diet, stress and lack of sleep will negatively affect your academic performance. You are an academic athlete that needs to be fueled properly in order to operate at peak capacity!

## HERE ARE 10 HEALTHY HABITS TO IMPLEMENT WHILE STUDYING FOR FINALS:

1. Keep your dorm/apartment and backpack stocked with healthy and delicious snacks. Examples of on-the-go snacks are nuts, hummus and baby carrots, berries, beef jerky, KIND bars, whole grain cereal, and roasted chickpeas. If you have a cooler bag, hard boiled eggs and greek yogurt can be a great option too!
2. Be sure to eat balanced meals with protein, healthy carbs and fat. That also means eat your veggies and fruit! Find my 7 of my top Everyday Super Foods here:  
[https://hospitality.usc.edu/wp-content/uploads/2018/02/Eating\\_Healthy\\_in\\_Res\\_Ed-1-1.pdf](https://hospitality.usc.edu/wp-content/uploads/2018/02/Eating_Healthy_in_Res_Ed-1-1.pdf)
3. Fuel yourself with good mood foods containing omega-3 fatty acids, vitamins, minerals and antioxidants. Examples include salmon, nuts, berries, whole grains, leafy greens, beans and even dark chocolate! Check out this blog post for more food and mood tips:  
[https://hospitality.usc.edu/wp-content/uploads/2018/03/Food\\_Mood.pdf](https://hospitality.usc.edu/wp-content/uploads/2018/03/Food_Mood.pdf)
4. Don't skip meals and stay on a regular eating schedule.



5. Stay hydrated! When you feel that afternoon sleepy time slump, sometimes accompanied by a headache and grumpiness, there's a good chance you may be dehydrated. Skip the soda and opt for water.
6. Avoid sugar crashes and swap super sugary, highly processed carbs like cookies and donuts with better for you treats. Try a square of dark chocolate!
7. A moderate amount of caffeine can be helpful, but too much can cause adverse effects. The suggested upper limit for caffeine is around 400mg. To give you an idea of what the looks like, a tall Starbucks Pike Place Roast drip coffee has 235mg, a grande has 310mg and a venti has 410mg.
8. Get enough sleep! Easy to say, but sometimes hard to do! Try not to drink caffeine after lunch time. If you have a hard time falling asleep, try listening to calming music, guided meditations, or nature sounds. Apps such as Calm and Headspace are helpful!
9. Take exercise breaks, even if it's just a power walk around campus. Every little bit helps! Not only is regular exercise good for cognitive function, but it's a great way to relieve stress.
10. Check out the USC Office for Health Promotion Strategy's website for wellness events on campus. <https://studenthealth.usc.edu/wellness/>. Happy Hour yoga and petting cute doggies with the Pause for Paws program can be helpful with stress relief and could make you feel happy!

