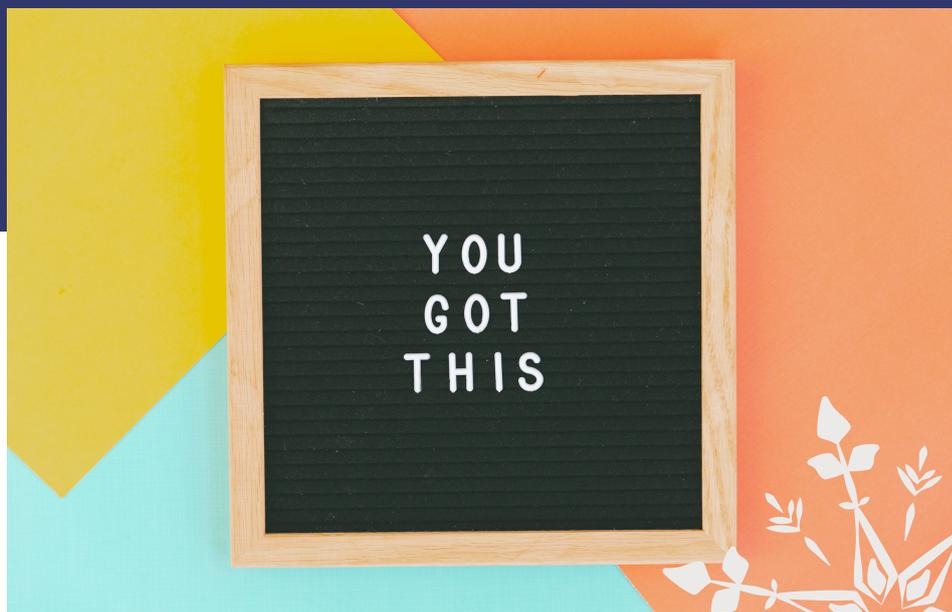


# BLOOM's Exam Survival Guide



Made with love by the BLOOM Exec team



## Prioritize your wellness!

Between final exams and the start of holiday season, it's the most stressful time of the year.

As students ourselves, we recognize that December can be a really tough month. Finishing up a semester of coursework is always hard, and when you're this close to the end, it can feel like an impossible task! On top of all of this, the holidays can be an incredibly difficult time for many people. Overall, this is a really stressful time, and we know that taking care of yourself has a tendency to be put on the back burner.

We hope that this 'survival guide' will remind you to prioritize your wellness and self care! We've put together a variety of activities to help you get through the month, because we want you to realize that YOU are the most important thing in your life. Refer to this guide when you need a break -- or when you need a reminder that you and your mental health matter. You've got this!

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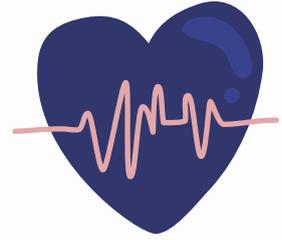
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Love, the BLOOM team

# Ways to Get Moving

## Get that blood pumping!

- ✓ Play your favourite song and dance to it...even if you feel silly at first
- ✓ Go for a walk around your block, don't forget to smile at passersby :)
- ✓ Go on a walk with a friend, talk or play a game (Eye spy, alphabet, etc...)
- ✓ Go for a run (one kilometre is still one kilometre!)
- ✓ Join a fitness class (working out with friends makes it x10 better, I promise)
- ✓ Try a new activity: biking, rollerblading, skateboarding, jump-rope, or juggling
- ✓ Go to the gym (try listening to some new music or put on a podcast while you're there)
- ✓ Make a dancing Tik-Tok (you don't have to share it, but we would love if you do)
- ✓ Follow a yoga class (youtube has a bunch!)
- ✓ Walk to the store to get a healthy snack



*We know that the study grind is essential during exam season. We also know that it is important to take breaks, take care of yourself, and move around! Studies show that getting moving while studying is good for our brains, memory, body, and academic performance!*

## Resources (to get active!)

[Chloe Ting \(Youtube: Fitness classes\)](#).

[MadFit \(Youtube: Fitness and Dance classes\)](#).

[SHINE Strength & Confidence Inc. \(Fitness\)](#).





# Music!

## Feel good, make-you-wanna-dance songs

*Dance in the living room (Feat. Ok2222 & Park Bird)*

By: Forrest, NVTHVN

*Dancing In the Moonlight*

By: King Harvest or Toploader

*Prince Akeem (Feat Wiz Khalifa)*

By: Mike Posner

*No Control*

By: One Direction

*Build Me Up Buttercup*

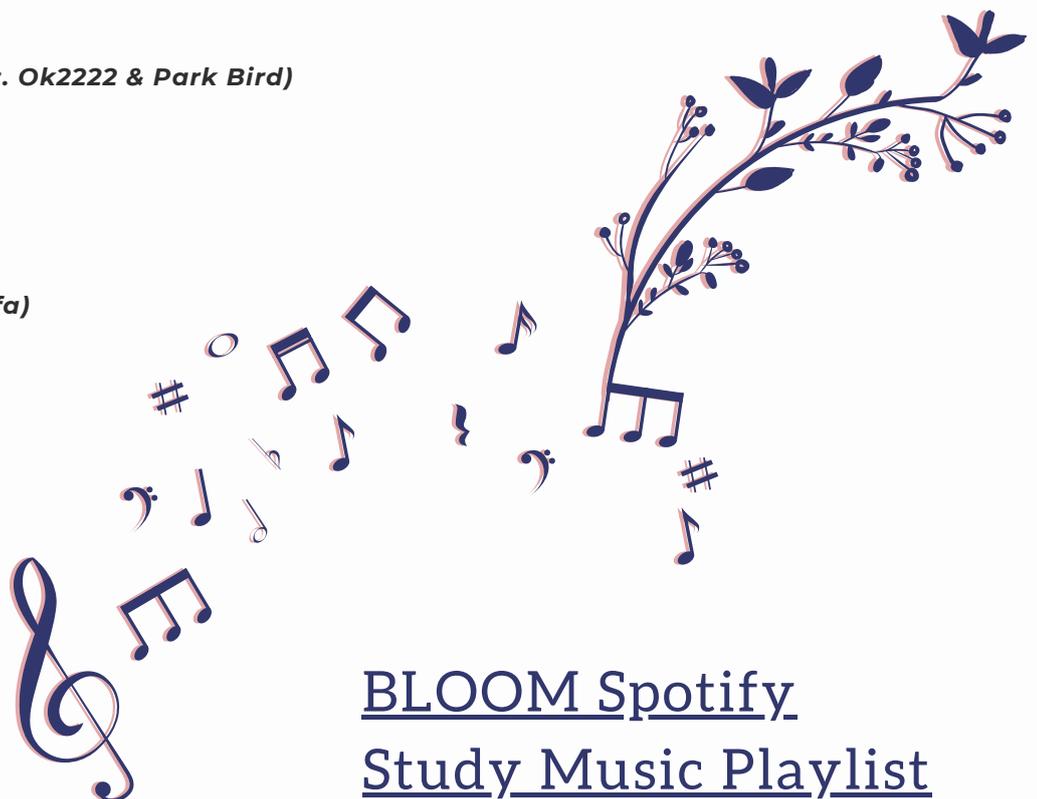
By: The Foundations

*Paper Rings*

By: Taylor Swift

*I'm Good*

By: The Mowgli's



BLOOM Spotify  
Study Music Playlist

# Study Tips

**You can do it!**

## Memorization Strategies

- ✓ Explain your answers out loud to other people
- ✓ Test yourself (using flashcards, practice tests, etc.)
- ✓ Write down what you are learning
- ✓ Use flow charts
- ✓ Discuss course content with classmates and compare notes
- ✓ Read notes out loud to yourself
- ✓ Get enough sleep! And sleep after you study; sleep can help consolidate information in your brain

## Organization

- ✓ Prioritize your study time
- ✓ Make clear, reasonable daily goals

## Stress Reduction

- ✓ Listen to music and dance
- ✓ Meditate
- ✓ Exercise

## Maintaining Focus

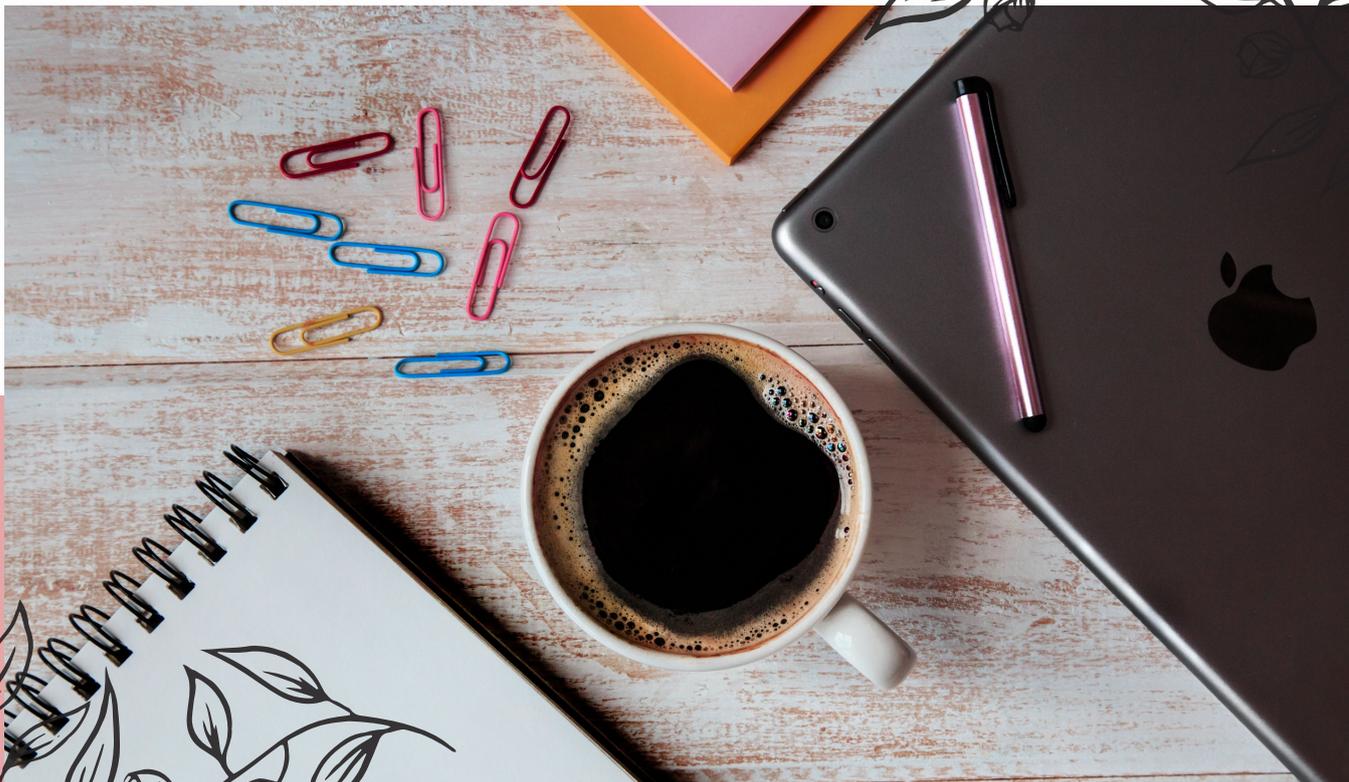
- ✓ Organize your study space
- ✓ Don't procrastinate and cram! Pace yourself
- ✓ Minimize distractions

## Staying Healthy

- ✓ Get into proper, consistent sleep habits
- ✓ Eat superfoods/antioxidants, and drink lots of water!
- ✓ Avoid pulling all-nighters

## Reward Yourself!

- ✓ Take regular breaks
- ✓ Take power naps



*"Don't stop until you're proud."*

*"Success is not final. Failure is not fatal.  
It is the courage to start that counts."*

*~ Winston Churchill*

*"Your positive action  
combined with  
positive thinking  
results in success."*

*~ Shiv Khera*



*"You only fail when  
you stop trying."*

*~ Albert Einstein*

*"It always seems impossible until it's done."*

## Motivational Quotes

**Words of encouragement for when you need some  
inspiration to keep going!**



*"If you own  
this story, you  
get to write the  
ending."*

*~ Brené Brown*



# Affirmation Word Search

For when you need a break, and a reminder that YOU ARE...

AMAZING  
BEAUTIFUL  
CAPABLE  
COMPLETE  
CONFIDENT

COURAGEOUS  
DESERVING  
ENOUGH  
ESSENTIAL  
IMPORTANT

LOVABLE  
POWERFUL  
SMART  
STRONG  
TALENTED

UNIQUE  
VALUABLE  
WHOLE  
WORTHY

E B N M V X N D E F N N I W H G U O N E H B X C D  
 J T Z O B T O W I S G B E C O V Q W F E T H U G G  
 O R E P O S C B R W S V X W B R F Q F L R M Y R D  
 Z I I L T D H P D U I V U K E P T U T N Q R L P B  
 N P F R P I Q Q B D M N H T W D M H L K T W L I I  
 M W O L F M K P W J Z S F I E L R I Y I A O R M O  
 Y N K W Z L O V F G Z G W K N T J E H K L D C G H  
 G E H L Y K A C N K F N U Y O S P Q N C E W T N U  
 K V S A U L U I C O N F I D E N T H Q M N W X I N  
 I V X S U F V X E Y S U O E G A R U O C T E T Z I  
 B X P A E R I Q A O G L O V A B L E W D E L D A Q  
 Y T B X E N R T Y T G G W R Z E S V K J D O A M U  
 H L Z S V F T D U G R W Y W T N M U N S V H J A E  
 E M E I U G L I U A Q A H B Y M F F W N U W Q J C  
 H D Q F F A F F A J E M M Z S T A J T F Z V M V Z  
 J O W T M J G R J L A B T S G T R K U E T M P R S  
 I F R N H G X O Z E D Y Z J P U X F H G J Q W G H  
 I L R A U S G U A P E A P R P D W I Q M B G I E W  
 M G V T M Y C X T L C Z G Z T G E L W K K Y B H Q  
 M W S R C O V U B J H D I Q F G Q C X D G N E G N  
 C I I O Q S W A Y S G C Q I H N C G Y U X G Z Q V  
 O H K P K A P M L T Z U C L H D N V H S K R L J D  
 S B S M Z A V A D V F I F X Z E M Y V Z B K E E B  
 B I J I C V A A X P O D P L N X N L U F R E W O P  
 J A Y I S B V R T V A Y S W Q F S R Y J J Q R R G



## Recipes

Reward yourself for all your hard work with these tasty treats!

### *Pan Fried Cinnamon Bananas (Vegan)*

#### Ingredients

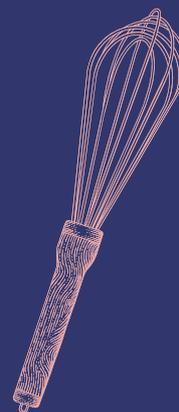
- 2 bananas, slightly overripe
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg (optional)

#### Directions

1. Slice the bananas into rounds, approximately 1/3 inch thick.

2. In a small bowl, combine the cinnamon, sugar and nutmeg (if desired). Set aside.
3. Lightly spray a large skillet with nonstick oil spray. Warm over medium heat.
4. Add the banana rounds and sprinkle 1/2 of the cinnamon mixture on top.
5. Cook for about 2-3 minutes.
6. Flip the rounds, sprinkle with the remaining cinnamon mixture
7. Cook for 2-3 more minutes until the bananas are soft and warmed through.





## Pumpkin Cake Pops (Vegan)

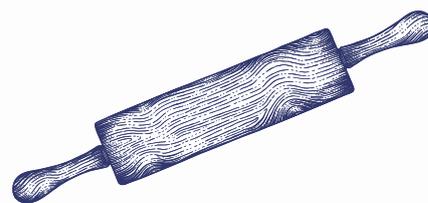
### Ingredients

- 1 cup coconut flour
- 1/2 to 3/4 cup pumpkin puree
- 1/4 cup granulated sugar
- Cinnamon to taste
- 1/4 cup dairy-free chocolate chips (optional)

### Directions

1. Preheat the oven to 350 F and grease a large cookie sheet or baking tray and set aside.

2. In a large mixing bowl, combine the coconut flour, pumpkin puree, granulated sweetener and cinnamon mix well. If using chocolate chips, mix those in until fully incorporated.
3. Using your hands, shape into small balls and place on the greased cookie sheet. Depending on the texture you want, bake for around 10 minutes (for a softer cake texture) or up to 15 minutes (very dense and crumbly). Remove from the oven and allow to cool completely before eating.



## Oatmeal Raisin Cookie Dough Bites (Vegan)

### Ingredients

- 1 cup (225 g) tightly packed soft, pitted dates
- 2 cups (200 g) rolled or quick oats
- 1 tbsp cinnamon
- 2/3 cup (165 g) almond butter
- 1/4 cup (75 g) maple syrup
- 1 tsp pure vanilla extract
- 1/2 tsp sea salt
- 1 cup raisins

### Directions

1. Add everything except the raisins to a food processor and mix into a sticky dough.
2. Add the raisins and pulse a few times to combine.
3. Roll the dough into approximately 12 balls.
4. Store in the fridge or freezer in an air-tight container.



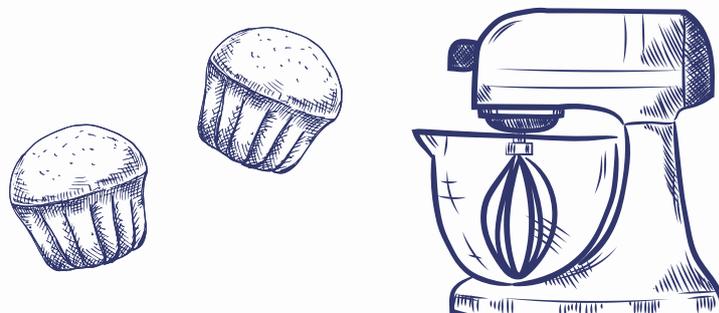
# Baked Banana Oatmeal Cups (Vegan)

## Ingredients

- 2 medium ripe bananas, mashed
- 1/4 cup almond or peanut butter
- 1/4 cup plant-based milk
- 2 tbsp maple syrup (optional)
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp sea salt
- 2 cups rolled oats
- 1/2 cup walnut pieces or chopped walnuts
- 1/4 cup dairy-free chocolate chips (optional)

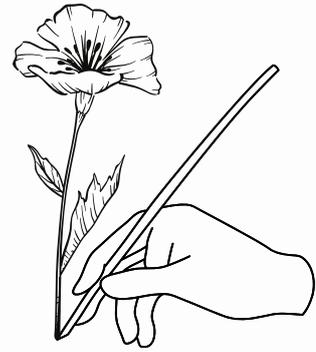
## Directions

1. Preheat the oven to 350 F
2. Add the banana to a large mixing bowl and mash until smooth with a fork, potato masher or immersion blender.
3. Mix in the almond butter, milk and vanilla and mix until smooth. You can use a mixing spoon or just pulse it a few times with the immersion blender.
4. Add the rest of the ingredients and stir to combine.
5. Prepare a standard-sized muffin with a light coating of non-stick cooking spray. Scoop about 1/4 cup of the mixture into 10 of the muffin tins. The mixture should come to just below the top of each cup. Use your fingers or the back of the measuring cup to press the mixture firmly down into each cup.
6. Bake for 20 minutes then let cool in the tin for 3-4 minutes. Carefully run a knife around the edge of each cup then pop them out and place on a cooling rack to cool.
7. Enjoy warm topped with vegan butter, almond butter or your favourite nut or seed butter. Let any leftovers cool completely before storing.
8. Store in the fridge in a sealed container for up to 6 days or freezer for up to 3 months.



# Journal Prompts

Sometimes, writing down how you're feeling or what is bothering you can help to alleviate stress. Getting your thoughts down on paper can help you get organized, and allows you to see that, sometimes, problems that feel big really aren't that big at all!



## Write about...

What are your biggest motivations for your goals?

On a piece of paper, write down everything that is causing you stress and pain right now. When you're done, destroy the paper! Rip it up, draw all over it, or just crumple it up and throw it away. Now, write down all of the ways you will persevere, learn, and grow from what is causing you stress and pain.

Where do you want to see yourself in 1 year?

Write about all of the (safe) things you are looking forward to doing when you are done with your final exams and/or assignments!

What was the hardest part of your semester?

Write a letter to your past self.

Write down 5 things you love about yourself.

It's no secret that the year 2020 has brought lots of hardship and negativity into people's lives, all over the world. Reflect on some of the positive things that have come out of this year for you. Write about what you are grateful for, and how this year has helped you grow and evolve as a person.

What is the biggest obstacle in your way right now?

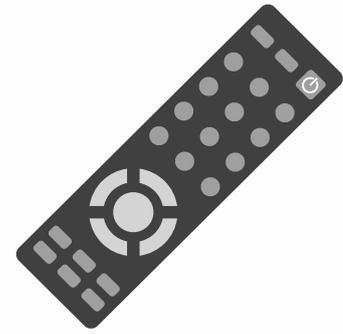
If you could go back, how would you have changed your study habits throughout this semester?

Write a letter to your future self.



# Netflix Recommendations!

For when you just need to zone out for a while.



## Holiday Faves

- ✓ Shrek the Halls
- ✓ The Grinch
- ✓ Four Christmases
- ✓ Serendipity
- ✓ The Princess Switch
- ✓ Jack Frost

## Need a Laugh?

- ✓ 50 First Dates
- ✓ How to Lose a Guy in 10 Days
- ✓ Yes Man
- ✓ We're the Millers

## Sing Along!

- ✓ Pitch Perfect
- ✓ Mamma Mia
- ✓ Hairspray
- ✓ Les Misérables

## Need Some 'Space' From School?

- ✓ Lucy
- ✓ The 5th Wave
- ✓ Interstellar
- ✓ Inception

## BLOOM Exec Montana's All-Time Faves!

- ✓ Safe Haven
- ✓ The Bee Movie
- ✓ 13 Going on 30
- ✓ Charlie and the Chocolate Factory

## Missing Spooky Season?

- ✓ All the 'Insidious' movies!
- ✓ Silence of the Lambs
- ✓ In the Tall Grass
- ✓ Halloween



## Classics

- ✓ Titanic
- ✓ Dirty Dancing
- ✓ Forrest Gump
- ✓ A Star is Born
- ✓ Coach Carter
- ✓ Jurassic World



# Happy Holidays from BLOOM!



We hope that this booklet has helped you cope with some of the stress you may have been feeling lately, or at least take your mind off of it! As you make your way through the next month, try to remember that taking care of yourself and your mental health is just as important (if not more!) as any assignment, commitment, or task you may have to accomplish.

**BLOOM cares about you!** We want you to know that you are important, strong, and capable. Keep in mind that it is *okay* to not be positive or happy 100% of the time. You know what is best for you! If you need a day of down time and self-care, take it, and do not feel guilty about it. We wish you a safe, happy holiday season!

*Love, the BLOOM team*

## Mental Health Resources

### • Kid's Help Phone

[Website: Connect with a Counsellor](#)

[Resources Around Me](#)

[Back to School Checklist](#)

Call a Counsellor at 1-800-668-6868

### • Student Resources:

[Self-care for Students](#) and follow @thrivesmh on Instagram

[No Problem Too Big or Too Small: A Help-Seeking Resource for Students](#)

[Reaching Out: How to Ask for Mental Health Help](#)

[Student COVID-19 Resources Hub](#)

### • Connect With BLOOM

[Website](#)

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**@queensbloom**

