To manage stress during midterms, I...

- Schedule study time for each assignment or exam.
  - 8% (11 votes)
- Exercise most days.
  - 5% (7 votes)
- Eat balanced and healthy meals.
  - 4% (6 votes)
- Get a full night's sleep on most nights.
  - 8% (11 votes)
- Practice meditation, breathing exercises, or other relaxation activities.
  - 5% (7 votes)
- Don't. I'm just trying to get all my work done!
  - 49% (71 votes)
- More than one of the above.
  - 20% (29 votes)
- Other.
  - 3% (4 votes)

Total votes: 146
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Source URL: http://goaskalice.columbia.edu/polls/manage-stress-during-midterms-i-0

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