Take Care of Yourself During Finals

April 26, 2023

As we head into finals week, we wanted to remind you to take care of yourselves during this often stressful time. Check out some of the resources listed below, and know that we are always here to help you too!

- [Being Well at Yale Events](https://beingwell.yale.edu/calendar)
- [Chaplain’s Office](https://chaplain.yale.edu)
- [Good Life Center](https://goodlifecenteratyale.com)
- [Mental Health and Counseling](https://yalehealth.yale.edu/directory/departments/mental-health-counseling)

Good luck as you prepare for the end of the semester!