The end of the semester can be a really stressful time, especially with group projects, final exams and possibly graduation right around the corner. Read on for some tips on how to conquer stress and finish the school year strong!

Slow down. Be present in each individual thing you do throughout your day, rather than rushing through them, and try not to do more than one thing at a time.

Take a break. Do something you enjoy, like reading, painting, listening to music, hanging out with friends or watching a movie.

Reach out. Talk to family or friends for advice, or simply to vent. A good support system is important when dealing with stress.

Exercise. Exercise regularly- your body can fight stress better when it is fit and exercising is a great stress-reliever too.

Say no. Don't feel pressured to spread yourself too thin or feel guilty for saying "no." You're only one person. Commit to a reasonable number of tasks rather than everything that comes your way.

Listen to your body. If you're feeling sick, sore, run-down, or tired, don't push yourself! Rest up and get yourself feeling healthy again.

Eat healthy. Make smart choices when it comes to food, rather than going straight to comfort food when you're stressed.

Sleep. Make sure you are getting between 7 and 9 hours a sleep per night.

Smile. Smiling (and laughter) can actually make you feel better. Smiling transmits nerve impulses to the limbic system, a key emotional center in the brain, and this can cause you to feel more calm and happy.