



# NATIONAL DOULA CERTIFICATION BOARD

## **Study Tips:**

- Change up your study space and the topic you are covering.
- Spread out your studying instead of cramming – map out what your week will look like ahead of time.
- Try chewing gum when you study and when you're taking the exam.
- Delay re-reading your notes.
- Study for no more than 45 minutes at a time, take a 10-15 minute break, then get back to studying or move on.

## **Practice Self Care:**

- Eat comfort foods/food you enjoy and sleep 8-10 hours.
- Be sure to have an outlet to release stress (ie. exercise).
- Go outside.
- Don't remain isolated.
- Acknowledge that it's going to be uncomfortable – but you only have a short time of it!