




Take a break?

It's important to take a break from your studies to recharge, and it will help you focus when you come back to your work. Here are some of our favourite ways to practice self-care.



- Go for a walk** 
- Watch your favourite film** 
- Arrange your space** 
- Cook yourself nutritious and balanced meals** 
- Reach out to friends and family** 
- Listen to a podcast** 
- Read a chapter of a book** 
- Breathe properly** - take slow deep breaths, inhaling and exhaling fully 
- Do some exercise** 
- Sleep well** 
- Drink water** 
- Meditate** 





Exam De-Stress

ease exam worries

Be kind to yourself!

It's ok to take a break when you need to.

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