SELF-CARE AND DESTRESS

Finding something that helps you destress is just as important as reviewing content daily.

<table>
<thead>
<tr>
<th>Working Out</th>
<th>Yoga/Mediation</th>
<th>Walking</th>
<th>Journaling</th>
<th>Entertainment</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Weightlifting" /></td>
<td><img src="image" alt="Yoga" /></td>
<td><img src="image" alt="Walking" /></td>
<td><img src="image" alt="Journal" /></td>
<td><img src="image" alt="Entertainment" /></td>
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</tbody>
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**Create Boundaries: Learn to say no.**

Setting limits with others can be difficult. Share with your people that as you balance school and life and you need some “me time”.

Allowing yourself time to do things for yourself is important to helping destress.

**Do not skip meals!**

No matter how busy you are, do not skip meals!

Being nourished allows your brain to be energized.

Make sure you’re drinking enough water to keep hydrated and snacks can be helpful.

**Support System**

Identify those who you can go to for support.

This can be your family member, friend, classmate, etc.

Identify and create your support team. These are individual(s) who you get support from, whether it is someone to talk to, eat with, get a pep talk from, or help with life commitments.