I take care of myself

Practical guide to take care of our mental and physical health

Grades are not everything

Remind ourselves that grades don't define us even though they do matter. Grades are not necessarily a reflection of our intelligence or ability. Good grades are not the purpose of getting a degree. The purpose is to learn and grades are only a small snapshot of reality.

Breathe in, hold it, and breathe out

Take a deep breath—a good, deep breath—and let it out. If you're feeling a little lighter, you're not imagining it. Mindful breathing practices are "natural tranquilizer for the nervous system". Finding a breathing technique that works for you. Remember, when in doubt, breathe it out :)

One step at a time is also productive

We all wish we have 48 hours a day and double the capacity of our brain, so that we can get more work done. Don't forget, sometimes it is actually faster to take one step at a time. When you feel overwhelmed, focus on one thing and do your best.

Two-minutes exercises count

Exercises don't have to always be intensive sessions at the gym, just do something. Jumping jack for 2-min in your bedroom, dancing to your favorite song, relaxing your shoulders, a quick walk, everything counts. Choose consistency over intensity. Find two minutes every day to make yourself feel better.

Make yourself a priority

I may not always be able to control every aspect of my life or career, and it is okay, as long as I am healthy and happy.