

# DO'S



Take breaks, change your environment & socialise with loved ones

Care for your body & mind through good sleep and nourishment

Make time for yourself & practise mindfulness

Speak to someone you trust



# DON'TS



Isolate yourself totally while studying

Turn to unhealthy coping mechanisms

Overwhelm yourself with tasks

Suffer in silence

# STRESS LESS

during exam season at uni

Practise  
mindfulness

Connect with  
friends & socialise

Get moving - be  
active!

Make time for  
yourself

Get enough sleep

Nourish your body

Spend time with  
loved ones

Take a break &  
change your  
environment

Speak to someone  
you trust

Listen to music

