

# LIFE : STUDY BALANCE

- FINDING THE RIGHT BALANCE TO LOOK AFTER YOUR WELLBEING AND BECOME A SUCCESSFUL STUDENT •



## SET GOALS

Setting goals is a great way to remind yourself of why you are doing something. It gives you the motivation to succeed.



## POSITIVE MINDSET

Know that everyone has a bad day every so often. Try to remain positive and think of how well you are doing. Focus on the positives.



## STAY FOCUSED

Keep those goals in mind and work toward the end goal. Focus on the purpose and dedicate your time to complete it.



## TAKE BREAKS

You need to make sure that you take regular breaks in your day to give your brain some rest time. Don't overwork yourself. Make sure you schedule these into your day.



## SCREEN BREAK

If possible, spend time away from your computer and phone. Set aside time each day where you have a 'screen break'.



## MANAGE YOUR TIME

As well as breaks, make sure you spend time with your friends and family and away from studies. Don't forget about your hobbies and make sure you take time for them too!



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## SCHEDULE YOUR DAY

Start each month/week looking at your deadlines and manage your time. Make sure you filter in time for rest, hobbies and social time.



## GOOD NIGHT'S SLEEP

Getting a good night's sleep is vital to your wellbeing and studies. Go to bed at a sensible time and try not to sleep in too late. You'll wake up feeling refreshed and ready to go.



## EAT WELL

Avoid eating 'junk food' and swap for healthy food. Eating healthily can help with your concentration, in addition to the usual benefits to your health.



## STAY ACTIVE

Even if it is for 15 minutes a day, try to keep active and do daily exercise. It's not only good for your health but your brain also.



## REWARD SYSTEM

You are working really hard. Make sure you reward yourself and celebrate the successes no matter how big or small.



## AVOID DISTRACTIONS

When working, try to work in a quiet place without your phone if you can. Dedicate yourself to a block of work. Then you can rest, watch tv and scroll on your phone.

