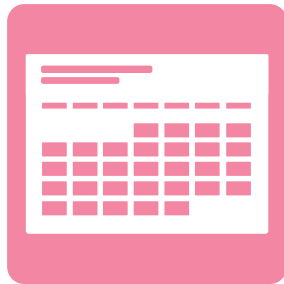


STAY HEALTHY - MIND, BODY & SOUL



Establish a daily routine



Eat healthy food



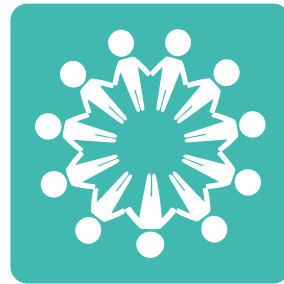
Stay physically active



Create a positive sleep pattern



Find time to relax and take 10 minutes to breathe



Stay connected to friends, family and peers/colleagues



Learn new skills online - cooking, dancing, languages, art etc.



Channel your anxiety into useful actions and achievable steps



Journal your concerns but also write goals and achievements



Keep informed but avoid news and social media just before bed



Know when to switch off from study/work and enjoy some hobbies



Reach out for support when you need it (uwa.edu.au/students)