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)