

Tips for for students: Health and wellbeing

A guide for students

Taking care of your health and wellbeing is essential for your overall success and happiness. Use this resource to help you navigate stressful times and maintain a positive outlook. Remember, it's okay to ask for help and take time for yourself.

- ☐ **Create a study schedule**
Break down your study material into manageable chunks and plan your study time.
- ☐ **Take breaks**
Short breaks during study sessions can help maintain focus and reduce stress.
- ☐ **Practice relaxation techniques**
Techniques like deep breathing, meditation, and mindfulness can help calm your mind.
- ☐ **Seek help if you're struggling**
from Headspace, Lifeline, ReachOut Australia, Beyond Blue, and Head to Health if you need.
- ☐ **Stay active, eat well**
Regular physical activity can help reduce stress and improve your mood. A balanced diet can have a positive impact on your mental health.
- ☐ **Get enough sleep**
Aim for 7–9 hours of sleep per night to help your body and mind recover.
- ☐ **Stay connected with friends and family**
Keep in touch with friends and family for support and companionship.