

# FINDING BALANCE

In Your Everyday Life

## ALWAYS SPEND A PART OF YOUR DAY DOING SELF-CARE

It is always important to put yourself as a priority when it comes to your physical and mental health. Make some time in your day to take care of yourself.



## WORK SMARTER, NOT HARDER

Spend your time wisely when doing work, assignments, study sessions, etc. to get most amount of work done in a set amount of time given and prevent burnout.

## SPEND TIME WITH LOVED ONES

Whether it's a FaceTime call or small get-together, it is essential to talk to friends and family to get that social aspect in your life.



## DO HOBBIES YOU LOVE

Do stuff throughout your day that you are interested in. Whether it's an extracurricular activity, an instrument to play, a sport to participate in, find hobbies that you love to do.