

PRIORITISE YOUR WELLBEING THIS HALF TERM



1

Create a routine so you feel in control. Incorporate regular breaks so you're not overworking

2

Get Active - go out for walks, exercise or meditate

3

Prepare yourself for the next term by creating an after school study timetable so you feel more organised and prepared

4

Take time out to explore, spend time with friends and family and plan activities to do

5

Check up on your friends & speak to them if you need to clear your mind

