

Your friendly reminder for the days that study seems unachievable...

We all have days where even the easiest tasks seem like you are climbing Mount Everest! Print this infographic, place it in your study area and turn to it for moral support on any day ending in y.

YOU'VE GOT THIS!

Feeling frustrated? Take a break, walk away, do something that makes you feel good; meditate, go outside or go for a walk. Come back with a fresh perspective!



TAKE 5 TO REVIEW ACHIEVEMENTS

What have you achieved in your studies over the past week, month, and year? What did you do that you didn't believe you could? Write it down and recognise yourself for your awesomeness!

TOO HARD BASKET

What about your day seems too hard? Unpack your tasks for the day. You may find 1 or 2 tasks block a whole heap that you can complete. Move them to a day you feel motivated (aka the too hard basket!)



BREATHE

Sounds too simple right? Humour me. Check in with your breathing right now; is it fast or slow? Is it deep or shallow? Taking long, deep breathes will move you out of stress response and into relaxation.

CHAT TO YOUR STUDENT MENTOR

Need a pep talk? Your student mentor is your biggest cheerleader. Book an appointment with them or your Educator, they are here to help you. Book your session <https://bit.ly/3mN6558>.



VISUALISE THE OUTCOMES

Start your study day with 5 minutes of visualisation. What do you want to achieve, how are you going to achieve it, what does it feel like when you have achieved it? Keep your eyes on the prize!

END EACH DAY WITH A TASK LIST FOR TOMORROW

Surprisingly, starting your day fresh with a go-to list is extremely helpful. Who would have thought!



REMINDE YOURSELF 'WHY'

It's easy to forget 'why' we embarked on a journey of learning and upskilling. Never lose sight of why you are studying and how it is a pathway of discovery and achievement.