

## ANNEXURE C

### **Practical Tips for Students**

**(Taking care of your body, mind, and soul is just as important as studying.)**

- 1. Eat Balanced Diet and Stay Hydrated:** Eat a healthy, balanced diet and keep yourself well hydrated. Limit excess caffeine and energy drinks.
- 2. Set Everyday Me-Time:** Work on strength-based skills for a living. Even minutes of walking, stretching, or sports boosts mood, reduces stress hormones, and sharpens memory.
- 3. Identify, Label and Accept Your Feeling:** It's important to know and observe yourself to understand how your thoughts and emotions are impacting you.
- 4. Practice Digital Balance:** Limit doom-scrolling, especially at night. Use technology for learning, hobbies, and connecting and not for comparison.
- 5. Manage Academic Stress Smartly:** Break work into smaller tasks, use planners, and avoid last-minute cramming. Seek help if required.
- 6. Identify Your Strengths:** Think back to high and low points in your life with a compassionate and open heart, and reflect on what you learned about your unique strengths.
- 7. Stay away from harmful coping methods:** Avoid alcohol, drugs, or self-harm as stress relievers. They worsen mental health and create long-term problems.
- 8. Work on Family and Social Support:** Build rewarding connections with individuals and groups. Discuss your thoughts and share your concerns with anyone freely.
- 9. Be kind to yourself:** Celebrate small wins, forgive mistakes, and remind yourself you are more than grades. Practice self-compassion..
- 10. Ask for Professional Help:** Connecting with a counsellor does not mean that you have a mental health issue. All problems cannot be solved by one individual. Seeking help is a strength.