

A life outside your studies

Good work rests on a life that is bigger than work. These are not extras. They are what keep you well enough to study at all.

SEE PEOPLE

- Make real plans with friends, not only messages. Company makes everything lighter.
- Aim for one proper meet-up a week, not just quick hellos in a corridor.

KEEP A HOBBY

- Keep one thing that has nothing to do with marks: sport, music, drawing, cooking, a game.
- It is where you recover, not wasted time.

GET OUTSIDE, AND MOVE

- Leave the house every day, even for a short walk. Daylight and movement lift mood and focus.
- If you can, do not study where you sleep.

SAY YES SOMETIMES

- Accept the invitation, even when staying in is easier. You rarely regret having gone.

EAT REGULARLY

- Eat at roughly the same times. Skipping meals wrecks concentration and mood.
- Aim for more or less balanced: some protein, something fresh, not only quick sugar.
- Keep easy, decent food in: fruit, nuts, eggs, yoghurt, so the lazy choice is still a fair one.

BE PRESENT, THE UN-BORING WAY

- Mindfulness is just doing one thing with full attention. No cushion or app required.
- Notice the walk, the shower, the music, the meal. One sense at a time.
- A few minutes of full attention rests a busy mind better than scrolling.

NOTICE THE GOOD

- At the end of the day, name one thing that went well. It points your attention back toward it.

THE SECRET: PLAN AHEAD

Decide and prepare before you are tired. Cook a little extra and keep it for a late evening.

Lay tomorrow out tonight: kit, clothes, food. Tired you takes the easy path, so make the easy path a good one.

Plan for the tired version of you. They will thank you.