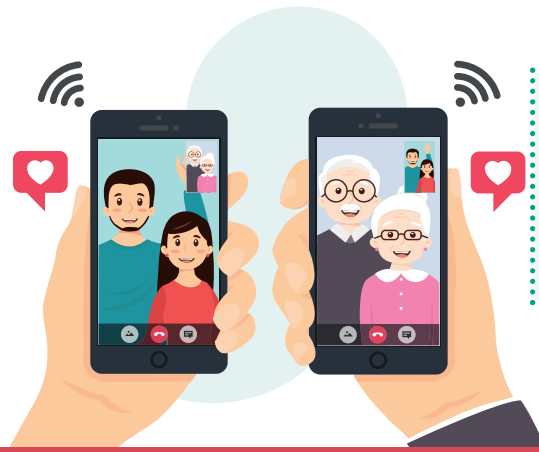


**IF YOU ARE A STUDENT
AT UNIVERSITY
AND ARE NOT ABLE
TO GO BACK HOME:**



**MAKE REGULAR
PHONE CALLS
TO LOVED ONES
IN ORDER TO STAY
CONNECTED.**



HAVE A SCHEDULE OR TIMETABLE WRITTEN DOWN STATING WHAT TIME YOU HAVE CLASSES/EXAMS AND **SHARE IT** WITH YOUR FAMILY MEMBERS. THIS WAY, THEY WOULD KNOW WHEN NOT TO DISRUPT YOU.

**STUDENTS WHO
ARE STUDYING
BACK HOME:**

**ONLY USE RELIABLE
AND TRUSTED NEWS
SOURCES – AND
LIMIT THE TIMES
YOU CHECK IN.**



TAKE CARE OF YOUR HEALTH – WE KNOW A **BALANCED DIET** IS GOOD FOR US, BUT IT CAN BE HARD TO EAT HEALTHILY WHEN WE ARE STRESSED. TRY AND PLAN YOUR MEALS A FEW DAYS AHEAD AND SHARE RECIPES WITH FRIENDS.

IVSA Vet Recipe Book



bit.ly/IVSARecipes



TAKE SOME EXERCISE – A WALK EVERYDAY IF POSSIBLE AS THE FRESH AIR HELPS AND GIVES YOU A BREAK FROM YOUR STUDIES.

**CREATE A SUPPORT
NETWORK –** A GROUP OF FRIENDS WHO MAKE YOU FEEL GOOD.

**TAKE TIME OUT FOR
YOURSELF –** IT'S OKAY TO SIT AND READ A BOOK OR LISTEN TO MUSIC. **DON'T STUDY ALL THE TIME!**

IVSA Music
Playlist



bit.ly/IVSAMusic

