

Stress

- Causers**
- homework
 - exams
- Relaxers**
- music
 - gym
 - friends

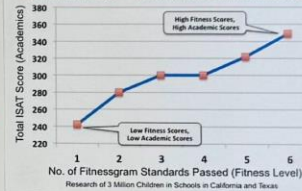
Time

- Set weekly schedule
- Set time aside for you
- Staying on top of Hw reduces a crammed schedule

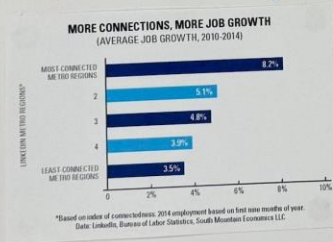
Health



HIGHER FITNESS = HIGHER ACADEMIC RESULTS



Relationships



Motivation

- **MOST IMPORTANT!!**
- Give yourself Rewards
- If you lose motivation, it is very hard to recover
- Set goals and keep track of your achievements