

Top Tips: Organise Your Life!

Being able to adapt our habits is useful and important!

Having an action plan and a simple “To do list” can de-clutter your mind and allows you to do the tasks you’ve been meaning to do.

By visualising and representing your tasks on paper (or digitally) it can help you prioritise and map out those things keeping you up at night.



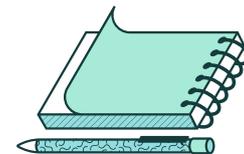
Tip 1: Bedside Notes

Lots on your mind while you’re trying to get to sleep?

Keep a notebook handy by your bed
– it allows you to jot down any ideas that may have popped into your brain, but most importantly allows the tasks and ideas to leave your mind!



Remember to jot down even the smallest of tasks - it’s surprising how the small things add up!



Tip 2: Calendars

Calendars are incredibly useful – not just for studying but for social and personal stuff too.



Choose a digital or traditional calendar to help visualise your upcoming events and prioritise your daily plans.

By adding your weekly routines onto your calendar, you can view your current commitments and arrange upcoming events and study sessions around when you're free and when you work best.



Tip 3: Enjoy the small things!

When we're feeling low we can forget to enjoy the small things, like having a cuppa with mum.

Challenge: Try switching your phone on silent or leave it under your pillow for an hour!

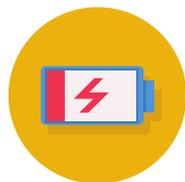
There is always something we could be doing or somewhere we could be going.

Enjoying the small things in life forces us to step back and appreciate those things we take for granted.



Tip 4: Give yourself a break!

If you keep giving yourself a hard time, sooner or later you'll run out of charge!



Studying isn't meant to be easy – that's why qualifications are valuable.

Unfortunately, as students there seems to be a culture of pressure and competition.

Remember that you have your own timeline, your own circumstances and your own strengths.

Everyone is on their own path in life and all of us face different obstacles along those paths, but the key is to realise that there is no one solution to our problems.

Don't waste your time trying to be someone else or ignoring how you truly feel – we're all only human.



Slow & Steady

