FINDING BALANCE
In Your Everyday Life

ALWAYS SPEND A PART OF YOUR DAY DOING SELF-CARE
It is always important to put yourself as a priority when it comes to your physical and mental health. Make some time in your day to take care of yourself.

WORK SMARTER, NOT HARDER
Spend your time wisely when doing work, assignments, study sessions, etc. to get most amount of work done in a set amount of time given and prevent burnout.

SPEND TIME WITH LOVED ONES
Whether it's a FaceTime call or small get-together, it is essential to talk to friends and family to get that social aspect in your life.

DO HOBBIES YOU LOVE
Do stuff throughout your day that you are interested in. Whether it’s an extracurricular activity, an instrument to play, a sport to participate in, find hobbies that you love to do.

TIPS PROVIDED BY THE UT DALLAS ACADEMIC SUCCESS COACHING