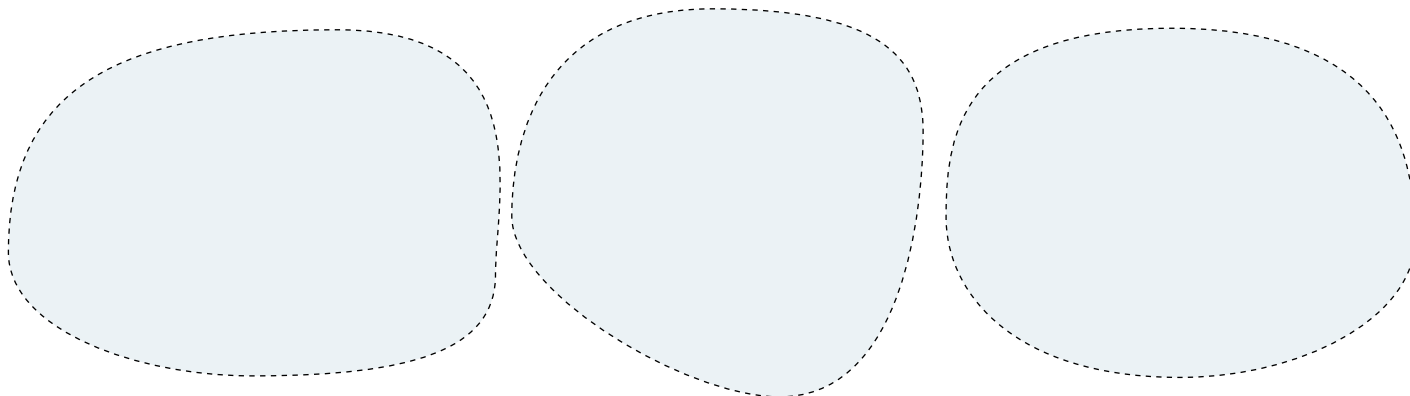


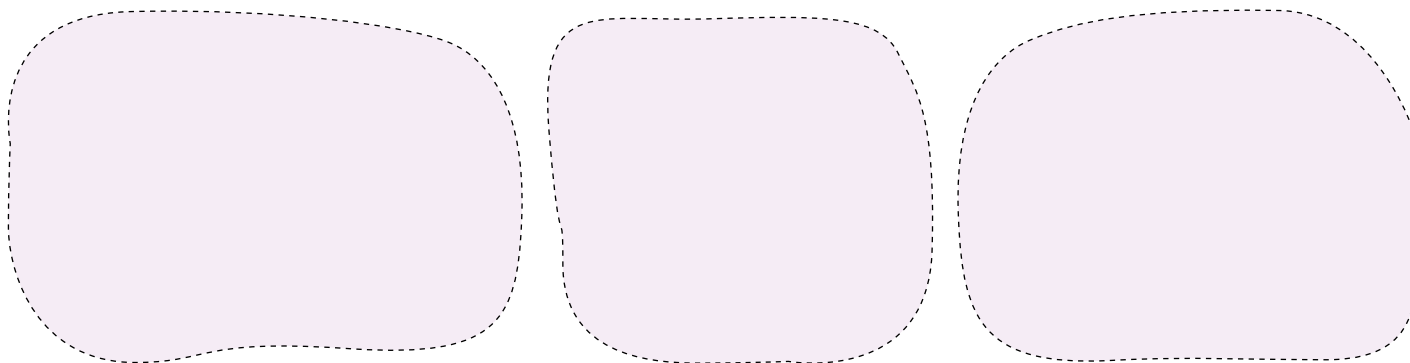
My Wellbeing Reminders

Key things I'll do every day and week to support myself, so I can thrive in study, work and life!

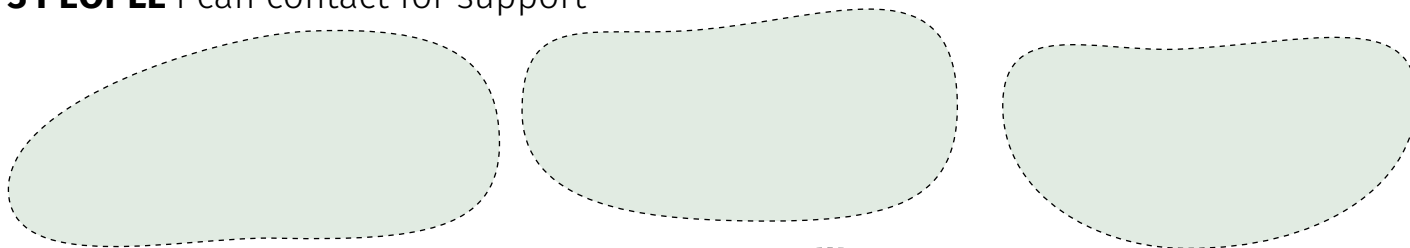
3 THINGS I can do to set myself up for study success



3 THINGS I can do to build my confidence every day



3 PEOPLE I can contact for support



THINGS I CAN DO FOR MY WELLBEING
EVERY DAY

Physical

.....

Mental

.....

Emotional

.....

Spiritual

.....

THINGS I CAN DO FOR MY WELLBEING
EVERY WEEK

Physical

.....

Mental

.....

Emotional

.....

Spiritual

.....