

5 Self-Care Tips

for NAVLE Study Success

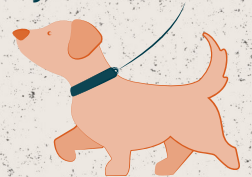
1 SET REALISTIC GOALS

Divide your study material into manageable sections. Set daily or weekly goals to keep stress at bay and progress on track.



2 MOVE YOUR BODY

Incorporate physical activity into your routine. Even short walks can boost your mood and enhance concentration. Remember, a healthy mind needs a healthy body!



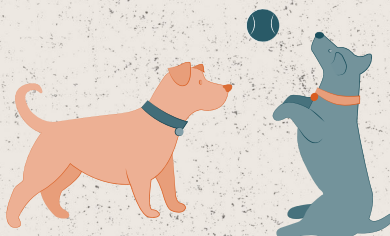
3 PRIORITIZE SLEEP

Quality sleep is non-negotiable. Even though it might be tempting to pull all-nighters during this stressful time, a well-rested mind is more effective and better at retaining information.



4 CONNECT WITH PEERS

Reach out to study groups or friends. Sharing knowledge and experiences can uplift your spirits and make studying more enjoyable. Remember you are not alone on this journey!



5 CELEBRATE SMALL WINS

Acknowledge your progress! Treat yourself after completing study goals to keep motivation high and spirits bright.



Questions? Reach out to our team to learn more!

✉ campusrecruitment@cityvet.com