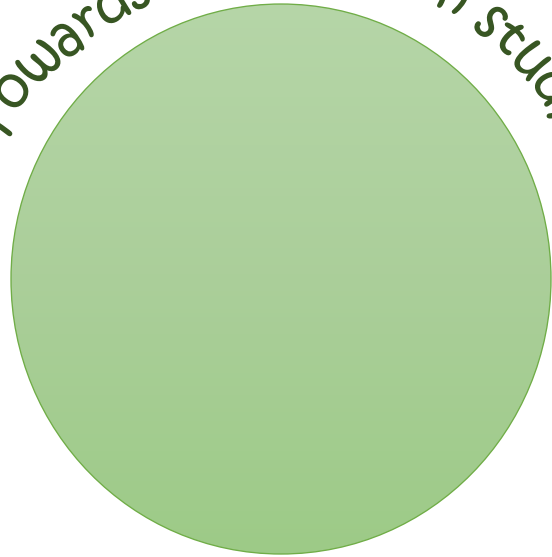


MIND & STUDY

MY KEY TAKEAWAYS FROM EACH WEEK THAT I WANT TO IMPLEMENT INTO MY EVERYDAY LIFE ARE...

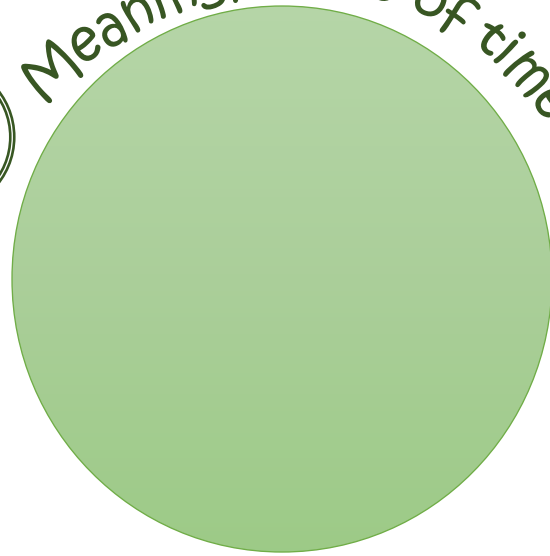
1

Towards being well in studying



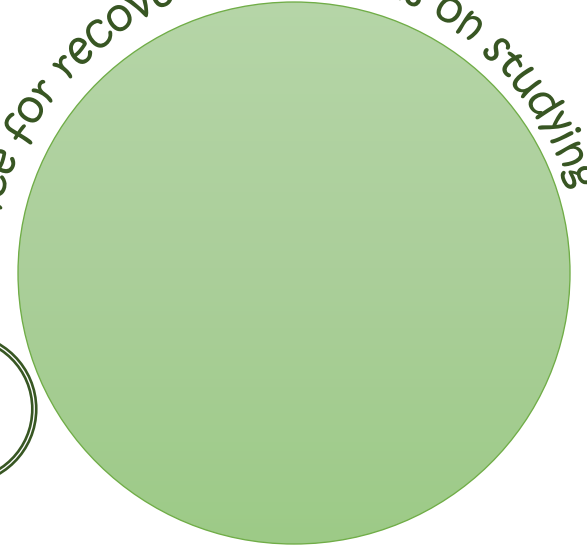
2

Meaningful use of time



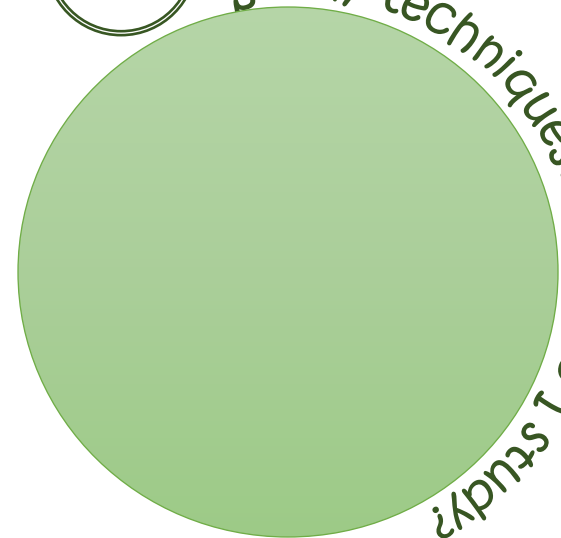
3

Space for recovery and focus on studying



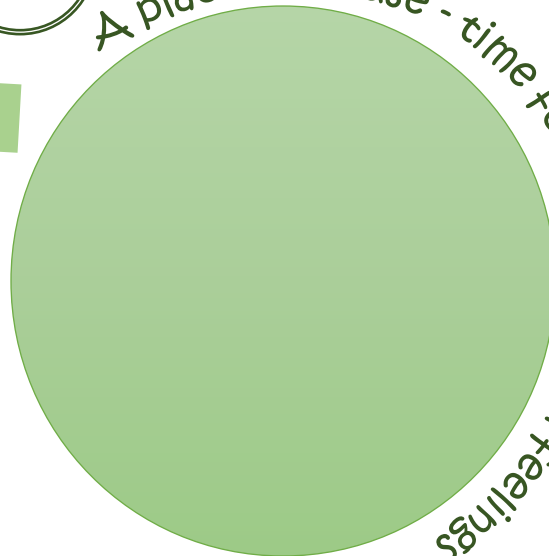
4

Study techniques: How do I study?



5

A place to pause - time for thoughts and feelings



6

In search of a compassionate-self

