



Identify, Label and Accept your feelings:

It's important to know and observe yourself to understand how your thoughts and emotions are impacting you so that you know when to seek help.

Learn to communicate effectively:

If we do not make an effort to keep away from negative events and ideas, we are bound to communicate the same negativity to others through our thoughts, mood and behaviour.

Try to make a positive attitude and behaviour throughout the day

Connect and Interact with your family:

Share your concerns with anyone in your family and discuss your thoughts and concerns freely.

Set an Everyday Me-Time :

Keep an eye on your areas of improvement but do not let them override you.

Ensure Balanced Diet and Nutritious Food:

Eat health and balanced diet and keep yourself well hydrated. Eating well is important for both body and mind.



Avoid Excessive Exposure to Media:
Avoid misleading news and rumours.

Maintain a Routine and Take Care of Your Body:
Stick to a scheduled routine for sleep, study, recreation and nutrition.

Infuse some Variety Into Daily Activities Like:

- Read a Book of your interest
- Stay connected with people and loved ones through virtual medias
- Monitor time spent on social media
- Engage in or Develop a Hobby

Identify your Strengths:
Remind yourself that you have been through difficult times before and you have accomplished many things.

Follow Safety Tips:
Learn about the safety information issued by authorities and follow it.

Check the University Website Often Daily:
Visit the website regularly for any updates/information.



A CALM AND MODEST LIFE BRINGS
MORE HAPPINESS THAN THE CONSTANT
PURSUIT OF SUCCESS COMBINED WITH
CONSTANT RESTLESSNESS

THEORY OF HAPPINESS BY “ALBERT
EINSTEIN”

