



Ten top tips to manage your wellbeing, written by a pharmacy graduate.

1 Remember, you aren't at uni to compete for the highest grades.

2 Strive to reach out to others to receive and offer support.

3 Don't be afraid to speak out and share your ideas.

4 Don't forget a bit of stress is normal and it affects everyone.

5 Prioritise your mental, physical and emotional health.

6 Never change to fit in. You are unique so embrace it.

7 Take a deep breath and prioritise your tasks.

8 Failures are opportunities to learn and improve.

9 Don't be afraid to step out of your comfort zone.

10

Have faith in your abilities,
you've got this!

most importantly...