STUDYING ANXIETY
SELF-CARE CHECKLIST

- Download and go through this checklist every day during a month

☐ Took regular 5 min breaks during studying sessions
☐ Followed a healthy eating routine
☐ Had 8 hours of sleep
☐ Stretched for at least 5 minutes
☐ Replaced sugary drinks with water
☐ Followed my daily plan
☐ Praised myself for my efforts
☐ Didn’t compare myself to others
☐ Spent time with my friends and family
☐ Disconnected from social media while studying
☐ Did deep breathing exercises for at least 5 minutes
☐ Took a mindful walk after studying
☐ Did eye gymnastics