

STUDYING ANXIETY

SELF-CARE CHECKLIST

CHECKLIST
OWNER

● 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