

When first startif academically, but you also need to maintain your social, mental, emotional, spiritual, and physical health as well – your wellbeing. You might be wondering, how is that possible? with your social, mental, emotional, spiritual, and physical health intact!

## Focus on what you can control

There are many things in your life that you can't control – all those things that are external to you and often unexpected, such as other people's thoughts and behaviors, relationship issues, financial concerns, parenting and family issues, changes at work, changes to your study schedule, accidents, unexpected health concerns, government policies, world conflict. The list goes on and on! You may be able to influence some of these through providing information or modelling certain behaviors, but you can't control the unexpected

the finish. Your degree needs to be approached strategically, and methodically. There is a long way to go. Think of it like a marathon. You need to have the right equipment, the right support crew, a plan for the whole course, and scheduled rest breaks. There will be times when you run faster, times when you run slower, and times when you might stop. Keep your eye on the overall goal of finishing your degree. It's a social, mental, emotional, and spiritual race, as much as a physical one.

When you're feeling good, work a bit harder. Put in an extra hour a day, or half an hour a day, just to pick up the pace a little. And then when you're not feeling so good, ease off the pace. Take a break an hour each day, or more. And be OK with that, because you know that you have a 'buffer' from those times you were feeling better!



