

## TOOLS



# Mental Health and well-being



- I had a **notebook** where I **write EVERYTHING** about my feelings, my days, my homework, and so on. It is the best way to describe how you feeling and also help you organization"
- When you are sleepy and tired, **take naps** of less than 30 minutes instead of 1 hour, it will take less time for your brain to wake up.
- **Focus on your learning**, and not on how others see you.
- **Never say you can't**, even if everything goes wrong;  
Success is not easy.