**Self-image:**

* Tackle the negative thoughts – I have found 4 questions that reflects my thoughts, feelings, and what triggers them.
* “Subconscious thoughts… are inaccurate. They contain fallacies that cause you to feel bad about yourself for no reason.”
* Formulating positive, helpful thoughts - My thoughts about some event or interactions can contain incorrect conclusions. I may feel like I know what other people are thinking, which isn’t the case, and I might overthink their reaction or answer and it leads to self-negative opinion if I get the unwanted answer.
* To develop a more positive way of looking at yourself, it’s important to change the rules you live by behaving as an image I’m striving to develop as it will help me to believe in that self-image more, and gradually feel better. (become who I want to be seen as)
* By writing all the positive things down, I will fill up my positive mental file cabinet. This will make me feel more positive about my own character traits and eventually improve my self-image. This will spotlight the positive things about me and overtake the negative thoughts.
* changing your body language can have such a positive effect on your self-image.
* Power-posture can impact other people’s perception of me.

**In control of your smart phone:**

* Reflect the pros and cons using smart phone gave me a clear view of what and why I use it.
* TED: it is important to have “stop ques” and experience life beyond the screen
* I’ve gained insights that raised my awareness of my smartphone usage.
* While studying, switch your smartphone to silent mode and put it away where you cannot see it, e.g. in another room or in your bag.
* talk about your (excessive) smartphone usage with people.

**Sleep-tight:**

* While I sleep, my cerebral fluid gets rid of the waste materials that accumulated during the day.
* sleep cycle phases.
* **Hypersomnia**: If you have hypersomnia, you feel excessively sleepy during the day or sleep extremely long at night.
* if you go outside more, you will sleep better due to more melatonin that will be produced in the nighttime.
* “The (blue) light from digital screens tricks your body into thinking it is still daytime, so it begins to break down the melatonin that it produced.”
* “Catch up” on a missing sleeping hours isn’t effective and can cause sleeping disorder.
* Avoid exercising in the evening. The body increases its production of the stress hormone cortisol which prevents me from falling asleep.