

FEELING



OVERWORKED?

Spreading yourself too thin only leads to exhaustion and frustration. Here are a few tips to help you stay balanced:

Time to

Plan &

Prioritize!



1. Choose a *couple* hobbies or projects that you want to invest your time in and stick with them. Let your yes mean YES!

2. Say NO to commitments that take time away from what you really want/need to do.



3. Don't wear yourself out managing the details of your student's life. Have them try to solve their own problems.

4. Plan out each day the night before. Finish as many high-priority tasks as you can. Schedule EXERCISE, FUN, and REST!

