

# De-stress yourself

## Tips for staying well so you can study well

 Thursday 21 October | 4:00pm - 5:00pm AEST

 Online event

October and November are busy times at uni/college with assignments and exams...not to mention the impacts of the pandemic. It is really important you take care of yourself during this busy and stressful time.

### What will we chat about?

- How to look after your wellbeing during the busy exam/assignment period (tips to eat, sleep and exercise better)
- Recognising the signs of stress and when we need to ask for help
- Tips for better studying during COVID-19
- How to talk about your wellbeing with peers and health professionals
- Where to get support

Questions? Please contact Hannah Gheller on [hannah.gheller@medibank.com.au](mailto:hannah.gheller@medibank.com.au)

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