

YOU STEER YOUR WELL-BEING



CREDENCE CARES
Student well-being



The new academic year is here! We're sure all of you are brimming with excitement to meet your classmates, make more friends, learn new skills and to develop as a person for your bright future! However, it is common to find yourself bogged down with anxiety and unknown fears in the midst of all of the fun. Here are a few things that could help you along the way.

- **Recognize and accept your concerns:** Many anxieties stem from irrational fears that can be tackled with a rational approach. Assess your situation objectively and differentiate between valid concerns and unfounded fears. This will enable you to focus on what truly matters.
- **Practice mindfulness:** Incorporate mindfulness into your daily routine by being fully present in the moment. Engage in activities that bring you happiness and relaxation, such as reading, meditation, or spending time with loved ones. Staying present helps keep stress at bay and promotes a balanced outlook.
- **Develop resilience:** Recognize your strengths and accomplishments and draw inspiration from them when faced with challenges. Every obstacle you overcome contributes to your personal growth and resilience, preparing you for future adversity.
- **Seek help:** Reach out to friends, family, teachers, or student counselors for advice and support. Remember, you're never alone on this journey, and asking for assistance is a vital part of building resilience and maintaining your well-being.

As you navigate this academic year, remember to prioritize your emotional and mental health alongside your academic pursuits. By addressing anxiety, practicing mindfulness, and nurturing resilience, you'll be better prepared to face life's challenges with courage and determination.



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— LEONARD COHEN