



SELF CARE

"time you enjoy wasting is not wasted time"

STAY HYDRATED

- take regular sips of water

TAKE RESTROOM BREAKS

- do not procrastinate
- fight urinary tract infection

PRACTISE GOOD EATING HABITS

- chew your food thoroughly
- snack healthily
- have a balanced diet

GET UP, STRETCH & MOVE

- do light stretching every 45 mins

EXERCISE

- use the gym
- join mass workout sessions
- integrate into weekly routine

SLEEP

- practise good sleep hygiene
- avoid alcohol & caffeinated drinks

QUALITY TIME

- quality over quantity
- create precious memories

LISTEN TO YOUR BODY

- do not ignore pain & discomfort
- seek medical attention if necessary

WORK



LIFE