

# Use Your Energy Sources

When you're a student, there's no defined end to your workday. That's why it's even more important for you to determine it for yourself so you can recharge. It's important to do something that gives you energy. Sustained stress not only negatively affects your physical health, but also your mental health.

In this list, check your personal sources of energy. You can keep this list in your wallet or calendar and integrate one of the items into your day-to-day life every now and then. And of course you can add to the list.

|  |  |  |
|--|--|--|
| <input type="checkbox"/> time with friends   | <input type="checkbox"/> sauna                   | <input type="checkbox"/> baking/cooking    |
| <input type="checkbox"/> reading             | <input type="checkbox"/> doing crossword puzzles | <input type="checkbox"/> getting a massage |
| <input type="checkbox"/> exercise            | <input type="checkbox"/> art/crafts/sewing       | <input type="checkbox"/> going on vacation |
| <input type="checkbox"/> yoga                | <input type="checkbox"/> singing                 | <input type="checkbox"/> time for me       |
| <input type="checkbox"/> going to the movies | <input type="checkbox"/> playing games           | <input type="checkbox"/> dancing/partying  |
| <input type="checkbox"/> watching movies/TV  | <input type="checkbox"/> doing nothing           | <input type="checkbox"/> being outside     |
| <input type="checkbox"/>                     | <input type="checkbox"/>                         | <input type="checkbox"/>                   |
| <input type="checkbox"/>                     | <input type="checkbox"/>                         | <input type="checkbox"/>                   |
| <input type="checkbox"/>                     | <input type="checkbox"/>                         | <input type="checkbox"/>                   |