

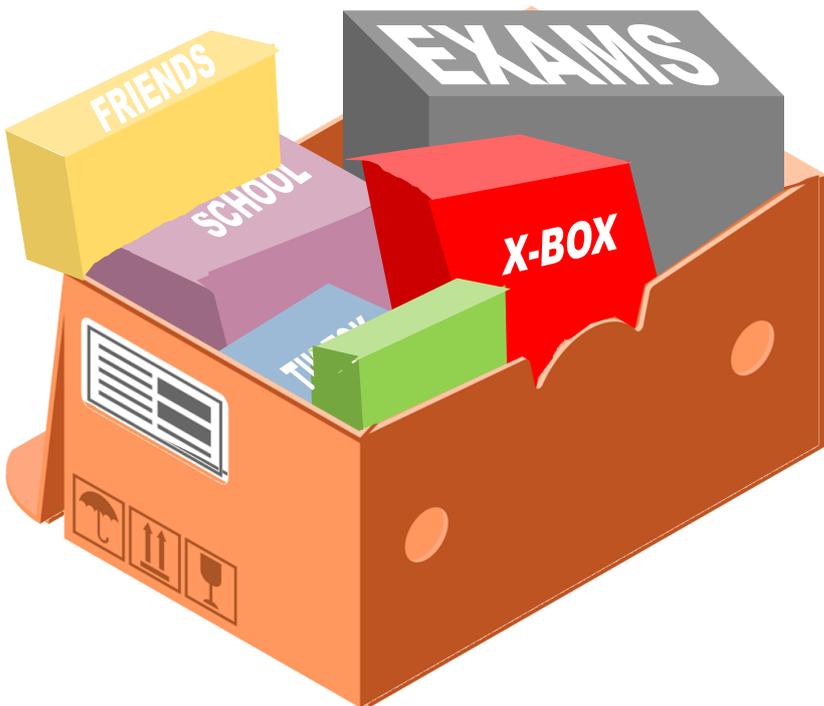
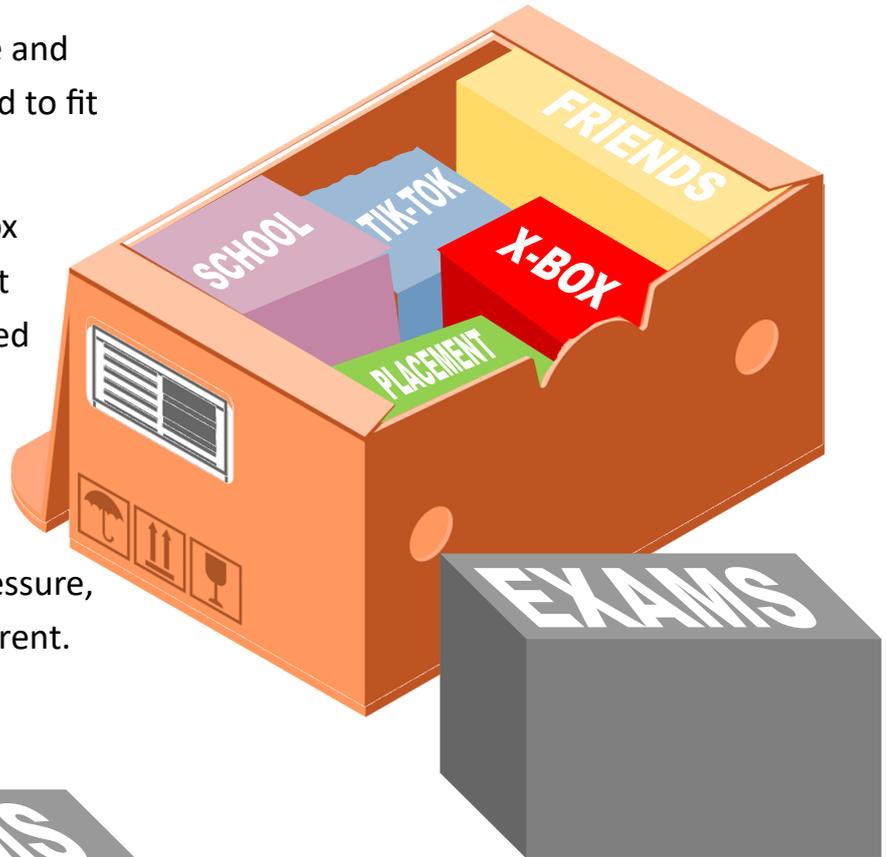
REARRANGE YOUR BOX

Everyone has a certain amount of time and energy ... imagine it as blocks that need to fit into a box.

When life is running smoothly, your box looks something like this: fairly full, but with a bit of space for small, unexpected things to slip in.

Your box feels manageable when the lid can still close.

Add a big chunk of study and exam pressure, and suddenly your box looks very different.



Study and exams can fill such a big part of your box that there's no room left to arrange the other blocks properly.

When the lid won't close, it's completely normal to feel stressed or overwhelmed by how much you're trying to manage.

Adjusting the size of the blocks in your box and rearranging them can really help things fit better. And don't remove the blocks that help you relax - you need those to stay balanced.

The resources in this section can guide you in creating a study plan that suits your life.