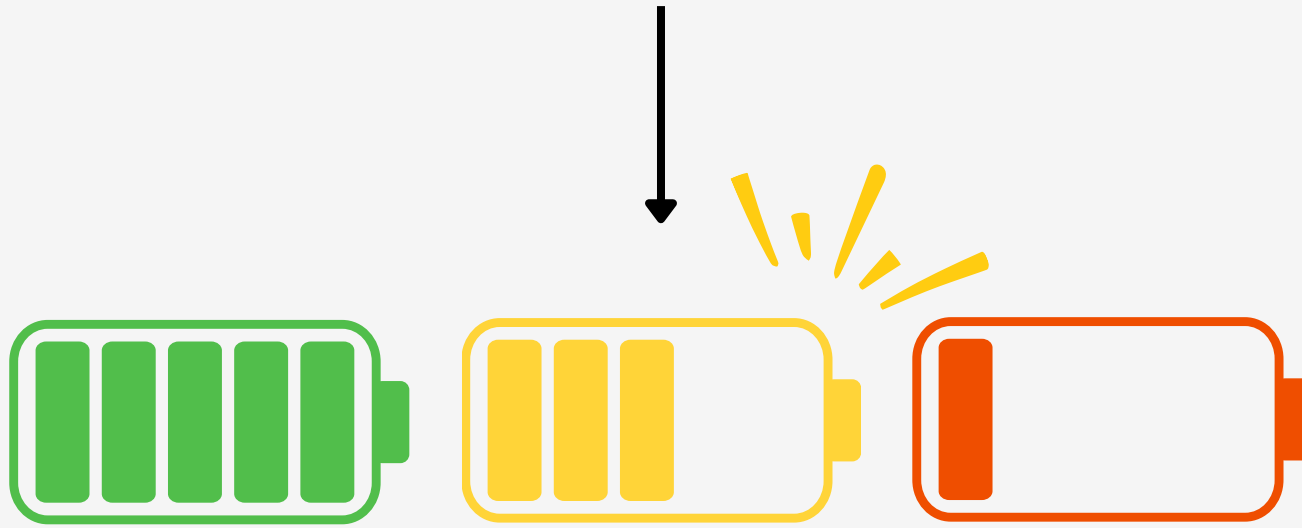# Take a Break at This Point

"Being happy and relaxed at uni is tough with academic stress, personal life events, and everything else. It's important to take breaks to **reconnect with yourself**. Even 30 minutes doing something you enjoy can boost your **mental wellbeing and happiness**, leaving you more energised for the next day." - Sianna, Y3 Medicine

"I'm pretty strict about having a **cut-off point** for how much I do in a day as there's always more [to do]. People need to be able to tell themselves, '**now I need to stop and take a break**', otherwise, you could end up working all the time." - Andrea, Y2 Physics

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