

# EXAM STRESS

**PROCARE**

together we make a difference

Psycho-social services (Est. 1995)

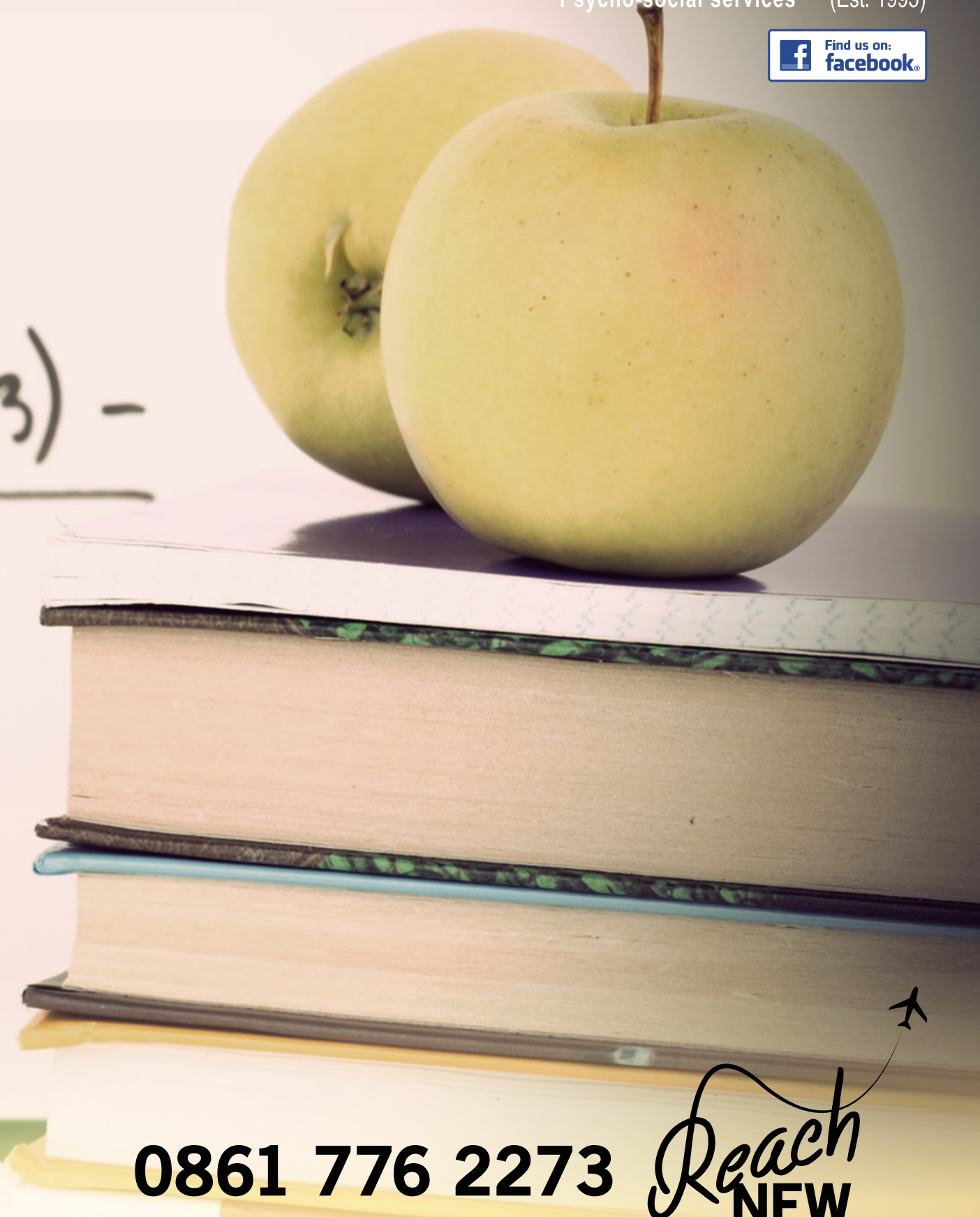
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**PLAN** your study time

Eat **HEALTHY**, get enough **REST**

Get fresh air and **EXERCISE**

Not coping? **ASK FOR HELP**



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