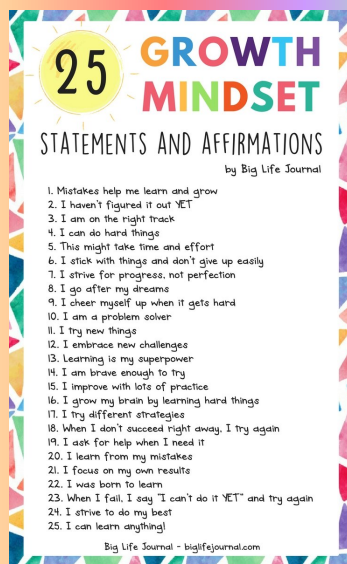


| Symptoms of Stress  |  |
|---|--|
| <b>Physical</b><br>Headaches<br>Indigestion<br>Heart palpitations<br>Nausea<br>Muscle aches, pains and twitches<br>Fatigue<br>Clenched jaw and fists<br>Increased sweating<br>Disturbed sleep<br>Increased urination<br>Constipation or diarrhoea | <b>Mental</b><br>Impaired judgement<br>Negative thoughts<br>Loss of concentration<br>Forgetfulness<br>Indecisiveness<br>Bad dreams and nightmares<br>Poor memory   |
| <b>Emotional</b><br>Demotivated<br>Tense<br>Depressed<br>Anxious<br>Lack of enthusiasm<br>Loss of confidence<br>Decreased pleasure in life  | <b>Behavioural</b><br>Loss or increase of appetite<br>Decline in productivity<br>Family and relationship discord<br>Increased caffeine and nicotine use<br>Inability to unwind<br>Eating and drinking faster<br>Walking faster<br>Accident proneness<br>Poor time management<br>Social isolation |

'Never let the fear of striking out  
keep you from playing the game'



'The way to get  
started is to quit  
talking and begin  
doing'

'The key to  
success is to  
start before you're ready'

'The way to get started is to quit  
talking and begin doing'

These are quotes and pictures that are from my vision board that has helped me maintain my motivation and they have been my inspiration to persevere and work hard.

Be courageous as a lion...

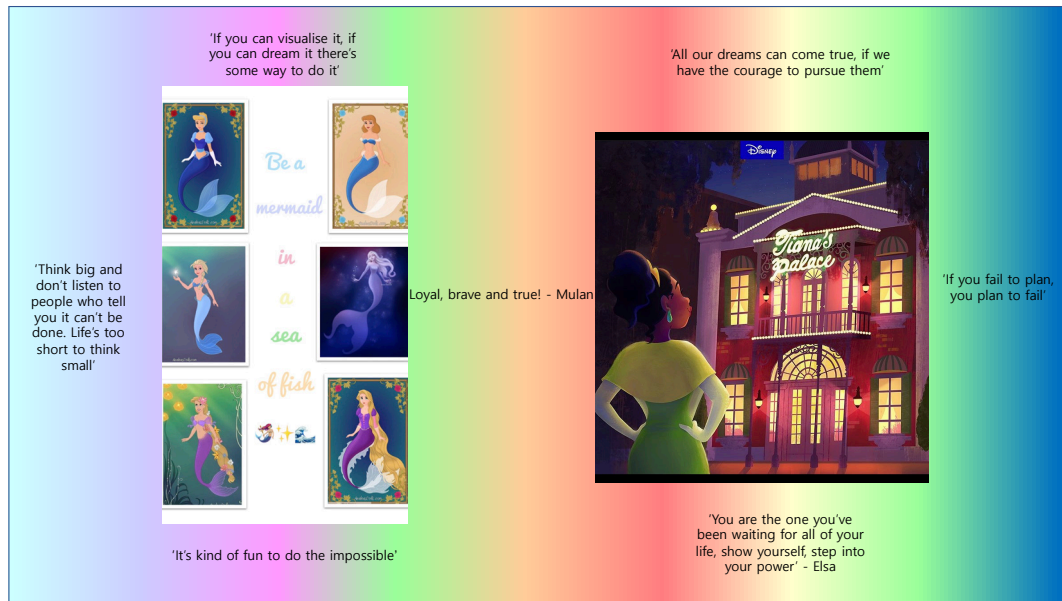


rise like a phoenix...



and have the strength of both!





To say this year and my last semester was hard is an understatement. I always pre-empted my last semester would be hard, even before Covid-19 existed. It was fun, exciting, daunting, stressful and rewarding.

What got me through was my parents support, they have been incredible throughout my whole life, especially these last three years. They have had to put up with my meltdowns, constant mood changes and my excessive stress. My parents have taught me how to have a strong work ethic, resilience and passion. My teachers support have been incredible and I appreciate them all so much, they have been so inspirational to me. The amazing support and services offered by Studiosity has been wonderful and I don't think I could have achieved my high marks if it wasn't for Studiosity's feedback and advice. I feel my writing has improved immensely over the years; I used Studiosity for every assignment I have ever had at university. I can honestly say their feedback has helped me go from distinctions to high distinctions countless of times.

As my university journey comes to an end it's bittersweet, my university degree has been my life for 3 years and I'm sad to be finished, but I'm also excited to begin my career in HR.