It is no secret that school keeps students busy. While the academic life can bring great personal and professional rewards, it can also have negative impacts on our mental and physical health. Everyone goes through busy periods of the semester, but there are ways to balance these out through mindfulness and self-reflection.

**What is mindfulness?**
Mindfulness is the act of intentionally focusing on the present moment experience. Mindfulness exercises (e.g. yoga, meditation, and body scan) offer different ways to think about and manage ongoing stress and problems.

**What is self-reflection?**
Self-reflection is the ability to pay attention to your own thoughts, emotions, decisions, and behaviors. It can result in a better understanding of our minds and our habits.