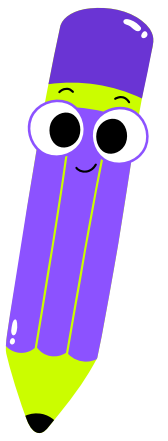


We Have Faith in U



Mental Health Tips to Help You Finish Finals Strong

01

U Think Negative

Nobody is holding your hand. Its a choice now for you to take control and mentally say and believe you're more than your past track record, what people have told you, and any experiences that have impacted your self image. Ask for help without shame and put your pride to the side.

02

U Have Anxiousness

Where does anxiousness stem from? OVERTHINKING. Overthinking is trying to compensate for God as if you don't trust him or he's not moving fast enough. Slow down and do your part. Remember you're one person and your best is enough!

03

U Cant Say "No"

Fear of missing out [FOMO] and lack of priorities are gateways to you not saying "NO" when you know you should. You're growing up. Somethings you don't have the luxury of doing. Sacrifice now for a better later.

04

U Self Blame

Complete the prompt:
Mistakes happen and today i forgive myself for_____. Now that i'm letting that go, I am free to____!

Now, stop identifying as a victim and move on!

05

U Compare

Everybody has a different finger print for a reason. If God wanted you to be someone else he would've made you them BUT.. he makes no mistake. Run your own course no matter if its longer than you want, harder than someone else's, or even has more barriers. U can do it!!

