



TOURO UNIVERSITY CALIFORNIA COLLEGE OF PHARMACY
PHARMACY STUDENT SERVICES

February 25, 2019

It's almost here, just hang in there, Spring Break 2019.

We hear you loud and clear, graduate professional programs are tough and we are no different.

You matter and we care, here is a list of 8 things you can do today to help stay strong till break and beyond:

1. Make time for downtime by using a study plan that includes time to relax.
2. Don't forget your health and exercise, sleep and eat healthy.
3. Check in with yourself by taking mindful moments and reflect on your success.
4. Take social media breaks and be present in the here and now non-digital world.
5. Check in with friends or family and practice a good belly laugh.
6. Don't hesitate to get help by calling free and confidential 24/7 University Counselling services at 707-638-5292 option 3.
7. Take medications as directed when appropriate by being the good patient when needed.
8. Remember that you have a purpose and goal that you are working towards.

Don't hesitate to stop by and visit, you matter and we care.

Rolly (Ranjit) Kali-Rai MBA, PharmD
Assistant Dean for Student Services
Assistant Professor Social, Behavioral, Administrative Sciences
College of Pharmacy Room 116
Email – Rolly.Kalirai@tu.edu
Tel - (707) 638-5446