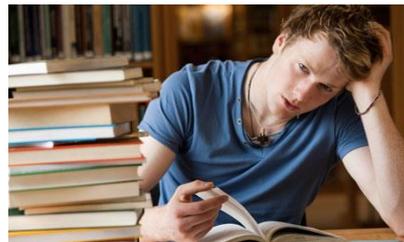


## Take your time



It's easy, with exams approaching for many students, to spend all of the Christmas holidays revising or working. While studying is a significant part of student life, it is important that it doesn't take over your life. Hannah Clifford, Cambridge AVS Senior Rep, talks about the importance of knowing when to take a break.

*"Vets are on the whole busy people, as are vet students. With long hours spent either working or studying we then cram the remains of the day with our other interests whether they are sport, music, drama or caring for our own animals. Our jobs are often our passion and a goal we've been working towards for a long time, with holidays and weekends spent on farms, in riding schools and in veterinary practices since our teenage years. In a way it's part of how we operate, our general attitude towards life and the sort of people veterinary attracts, but sometimes it can all get a bit much and it's time to slow down and tune out for a short while.*



*With all the opportunities going to university offers it can be easy to get into a cycle of rushing from one thing to another whilst trying to jam in some essential tasks in any spare minutes that materialise. As a result you can become a bit of a zombie going through the motions but not really engaging or enjoying whatever you're meant to be doing as you think about what is coming next and how to get there.*

*Most holidays, within a week of coming home, I end up with a streaming cold as my immune system yells 'Enough is enough, I've got you through term now will you just slow down a minute!'. This year, despite captaining a university sports team, being on the AVS committee and entering fifth year, I'm determined not to let myself get swept away by the torrent of activities that come my way and avoid the end of term crash. I think it's all about your approach and learning to 'switch off' quickly when you get the opportunity.*

*Build some time into your day, week, month and year where nothing is scheduled and you won't have to rush. Even having five or ten minutes a day to yourself can be enough to reset and break the cycle so that you stay sane and avoid burnout. Remember, as one vet on EMS told me, it's OK to go home and do nothing occasionally!"*

Hannah Clifford -Cambridge AVS Senior Rep

## Merry Christmas from your AVS Committee!