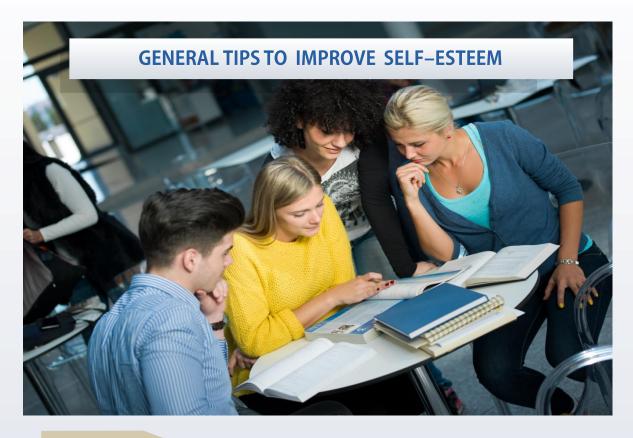


## University Counselling Services of the Medical University of Warsaw







It isn't only about knowing your strengths and weaknesses, but also opening yourself up to new opportunities, new thoughts, trying out something new, new viewpoints, and new friendships.







## University Counselling Services of the Medical University of Warsaw





We are surrounded by an idea of perfection. But it is an artificial creation of the society. It doesn't exist.



It can be tough, but you need to stop comparing yourself to others. The only person you should be competing against is yourself.







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This may help you stop the cycle of negative thinking about yourself that reinforces negative self-esteem.



Find a hobby, surround yourself with positive people, eat a healthy diet, exercise more. And enjoy it.

SUPE



