



CHRIST

(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

COUNSELLOR'S NOTE - APRIL 2026

A month to Rest, Reset, Rebalance



April comes as a quiet exhale after the rush of mid-semester examinations. The mind slows, the body feels heavier, and motivation may seem out of reach. But this is not laziness, it is your system asking for a pause. After pushing yourself for weeks, it is natural to need space to recover. Just like a deep breath between two efforts, this phase allows you to reset before moving forward again.

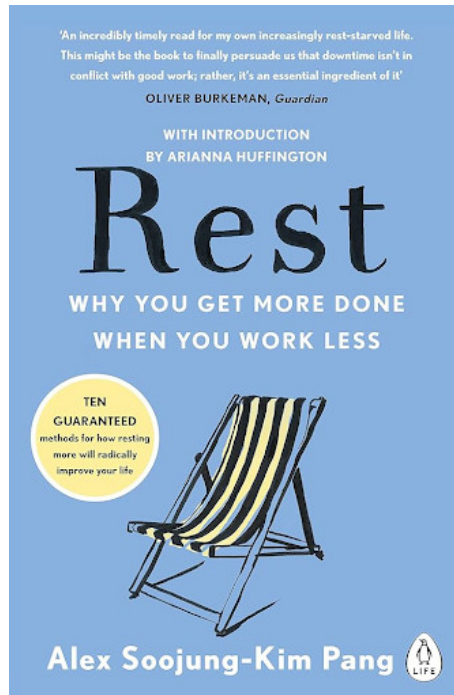
This month, give yourself permission to:

- Rest without guilt
Move at a slower, steadier pace
Reconnect with what helps you feel calm and recharged

With end-term examinations approaching, let this be a time of gently rebuilding your focus, where preparation comes from a place of balance rather than pressure.

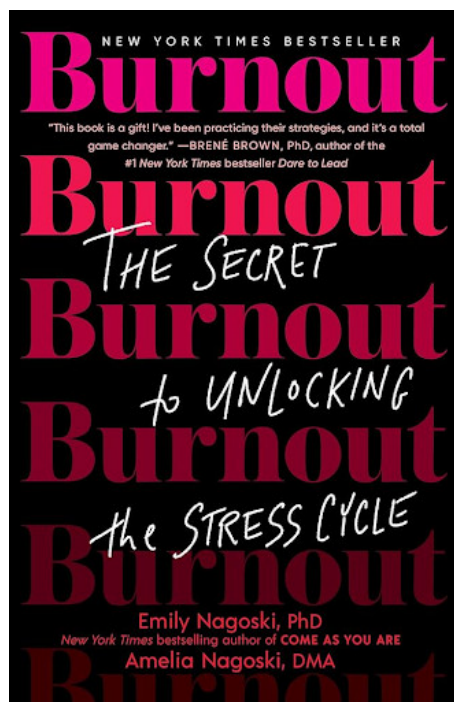
You do not have to move at full speed all the time. Growth does not always look like constant motion, sometimes it looks like stillness, recovery, and quiet rebuilding.

Book Recommendation

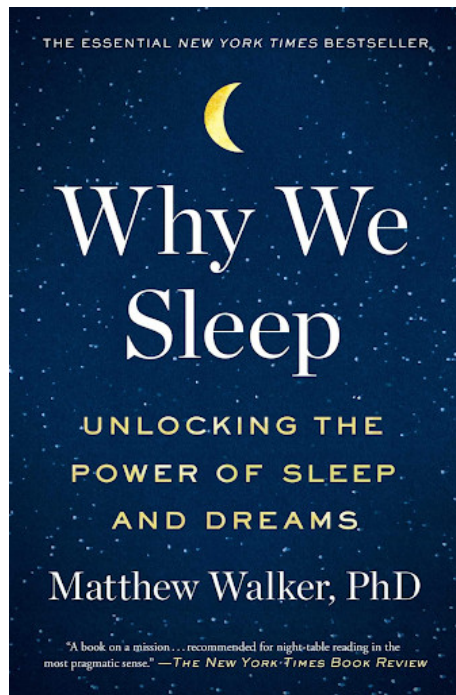


Rest: Why You Get More Done When You Work Less

by Alex Soojung-Kim Pang



Burnout: The Secret to Unlocking the Stress Cycle



Why We Sleep: The New Science of Sleep and Dreams
by Viktor E Frankl

Video Suggestions

How to Make Stress Your Friend – Kelly McGonigal

[Watch Video](#)

How to Calm Your Anxiety – Wendy Suzuki

[Watch Video](#)

All it takes is 10 mindful minutes | Andy Puddicombe | TED

[Watch Video](#)

How Rest Can Make You Better at Your Job – TED

[Watch Video](#)

Get in touch with your counsellor for additional resources and help

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