

Managing my study and free time involves creating a schedule that includes specific periods for studying as well as for having fun. By following this plan, I can effectively complete my academic tasks while also ensuring I have time to relax and recharge. Relaxation is important as it allows me to destress, and finally get the ability to focus and retain information when I return to my studies. Therefore, finding time .to relax is required to keep a healthy balance between academic goals and personal time