

ARE YOU UNDER PRESSURE TO STUDY?

HOW DO YOU DEAL WITH STRESS?

HOW DO YOU PRESERVE YOUR

MENTAL

HEALTH?



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STRESS **MANAGEMENT**



See It Through

Poet: Edgar A. Guest

When you're up against a trouble,
Meet it squarely, face to face;
Lift your chin and set your shoulders,
Plant your feet and take a brace.
When it's vain to try to dodge it,
Do the best that you can do;
You may fail, but you may conquer,
See it through!

Even hope may seem but futile,
When with troubles you're beset,
But remember you are facing
Just what other men have met.
You may fail, but fall still fighting;
Don't give up, whate'er you do;
Eyes front, head high to the finish.
See it through!

International Office, HUHST

Time: 2:30pm, 07 Nov., 2020

Place: Multimedia Hall, Yanggen Building