

I CAN'T DO THIS AND I'M FREAKING OUT

10 questions to ask yourself before crawling under your bed and giving up on your college essay

- 1 **Are you hydrated?**
→ No? Drink a glass of water. Like right now.
- 2 **Have you eaten in the past three hours?**
→ If not, it's snacktime! Make it count by eating something with protein like hummus or peanut butter. (Or a hamburger.)
- 3 **Have you said something nice to someone in the past day?**
→ Take a moment to give someone a real compliment, from the bottom of your heart, that you truly believe. Just trust us on this one. ("I love you almost as much as I love ice cream.")
- 4 **Do you feel like you're not getting anywhere?**
→ Step away from the applications (or whatever else you are working on) and do something that you know you can finish. Write an email. Wash a load of dishes. Organize your cat's closet. (Your cat has a lot of clothes.) You've got this!
- 5 **Have you been over-exerting yourself lately — physically, emotionally, socially, or intellectually?**
→ Probably. That's why we're here to remind you that it's okay - no, it's IMPORTANT to give yourself a break. Whether you need physical rest or a few hours of watching cartoons, take the time you need to recharge the mental and physical batteries. You deserve it.
- 6 **Have you moved around much in the past day or so?**
→ It could be time to strike a power pose or two. (You're a lion.) Turn on your favorite song, stand up, and take up some space with your powerful self.
- 7 **Do you feel like you want to cry?**
→ Let it happen. We support this. Here's a tissue.
- 8 **Do you feel like you need to laugh uncontrollably like a crazy person?**
→ That sounds scary. But we still support it. Maybe do it in private? (Crying in public is totes okay.)
- 9 **Feel like you need a hug?**
→ Now could be the perfect time to ask for one. Hug your grandma, your friend, your cat, your goldfish (if you can figure out how)... Hugging is good for you. We promise your hug partner will appreciate it too.
- 10 **Have you waited a day?**
→ It's easy to get tunnel vision during the application-writing process, but it's not always easy to notice when your perception of life has become skewed. The college essay is important, but so are a lot of things. Like the Season Finale of *Game of Thrones*. And your sanity. Give yourself time to recalibrate and come back to the task of crafting your winning college essay a little later.

Adapted from: eponis.tumblr.com

