

Perhaps we can spend time each day on wellbeing.

But, shouldn't I spend my time studying?

Sohail, N. (2013). Stress and academic performance among medical students. *Journal of the College of Physicians and Surgeons Pakistan*, Vol. 23 (1): 67-7. Retrieved from <https://pdfs.semanticscholar.org/f22d/6d7c560864970ab13025b6be80f729eb7059.pdf>

Conclusion:

The study showed a diversity of stress sources and a high level of stress in the medical students. The results also show that higher level of stress is associated with poor academic performance.