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Philippa Perry, author of How to Stay Sane, is a psychotherapist and writer who has written pieces for The Guardian, The Observer, Time Out, and Healthy Living magazine and has a column in Psychologies Magazine. In 2010, she wrote the graphic novel Couch Fiction, in an attempt to demystify psychotherapy.

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In order to be balanced in life, we need to offset work and school with social connection, play, reading, drawing, exercise, and other fun activities. We all need to be refreshed, or our well will run dry. Seek balance, enjoy life. Even during "back to school."

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While having little time for activities outside of school is the reality of nursing school, finding a balance between studying, friends, and a shower for yourself is what will keep you sane. Especially during those heart wrenching finals. Just like any other nursing test you will study a lot during finals week. A lot a lot.

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1. Prioritize. Make realistic judgments about what must be done each day. Don't try to pay the bills, cover a shift for... 2. Use your Support System. Utilizing your resources is one way to keep yourself from burning out. Ask family members... 3. Develop a Study Schedule and Strategy. Determine ...

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Sometimes to survive the school holidays you just have to give up, lower your expectations and embrace that lazy and slack parent who is just begging to be unleashed.