



I would love to help you out, but I'm an overextended college student who has trouble saying "No" to new responsibilities for fear of letting others down. So before I open my mouth and dig myself further into overwhelm, I'll be holding up this sign until I'm comfortable speaking the words from my lips.

I would love to help you out, but my time is already prioritized. Ask me about my office hours* when I'll be happy to help you out.

Thank you so much for your patience and understanding. ☺

*Take a cue from your professors and designate your semester office hours. You're busy too, after all! Create time slots when you're available to meet with others, and block off undisturbed study or relaxation time. Be proactive to ward off stress.

