

STUDY BREAK

STUDYING CAN BE DEMANDING- DO IT RIGHT AND YOU CAN MAKE IT A LITTLE EASIER TO HANDLE.

TIMING: Every 60-90 minutes take a 5-10 minute break. Long study? Every 3 hours take 30-60 minutes break time!

SUSTAIN: Drink a glass of water during each of your breaks. Prep some healthy snacks to eat during breaks like fruits, nuts, or cereal bars!

BREATHE: Fresh air can help restart your mind by oxygenating your brain! You'll feel better and be ready for round two!

MOVE IT: Go for a short walk or stretch yourself out! Even just a little bit of movement can relieve anxiety and provide a little mental relief.

TIDY UP: A messy work environment has been proven to increase stress. Reorganize and clean your workplace a bit to feel better about your work.

REST: Lay down and rest for a few minutes. Closing your eyes for a short period of time can relieve visual stress and tension. Come back feeling fresh!