

Studying and Well-being



Studying at home or in your residence hall room can be stressful this fall. Here are a few suggestions for staying well.

- Work in 30-minute or 1-hour cycles and spend the last five minutes doing something fun—completely unrelated to course work. It is recommended that you use the last five minutes to do some light exercises to get the blood pumping again.
 - Try to take a daily walk outside. Arrange a socially distant walk with friends to stay healthy and socialize in a safe and responsible way.
 - Shower daily and try to keep healthy snacks around. But don't beat yourself up if you have the occasional lazy day or bowls of ice cream.
 - Keep track of your emotions and body. Be mindful of how your studies are impacting your mood and body and how your mood is impacting your studies. Be gentle with yourself, and adjust as necessary. There are a lot of resources on campus (in-person or online) if you would like to talk about how things are going.
- If you are finding that the news or social media are creating a lot of stress, try putting your phone into airplane mode, even just for a short period, or schedule a time to read the news and catch up on social media. By scheduling those times, you are building a barrier around the stress to manage it.
 - Do what you can to make your workspace as comfortable and soothing as possible. Flowers and houseplants can create a sense of peace.



**We are living through unprecedented times and it can be difficult.
If you want more tips or strategies, contact the Academic Success Center.**