

# USING STUDY BREAKS EFFECTIVELY

## WHY TAKE STUDY BREAKS

Taking planned breaks can increase your productivity. When you give your brain a chance to recharge, you can improve focus, recall, motivation and energy ... all while reducing stress!



## WHEN TO TAKE STUDY BREAKS

If you notice yourself becoming stuck, unfocused or frustrated, this might be a sign that you need a break. Most people benefit from a 5 minute break every 60 minutes.

## THE POMODORO TECHNIQUE

Beat procrastination and improve focus

1 pomodoro at a time!

What's a pomodoro?

It is just a scheduled interval of time.

Here's how it works:

Step 1: Categorize your tasks based on importance.

Step 2: set a 25 minute alarm

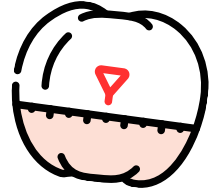
Step 3: Focus & Work

Step 4: Take a 5-minute short break

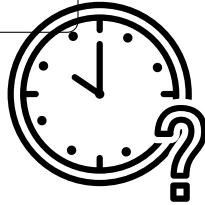
Step 5: DO THIS 4 TIMES

then celebrate with a

20+ minute break before you start another round.



Fun fact!  
Pomodoro means tomato in Italian. The inventor of this technique named it after the tomato-shaped timer that he used to track his intervals of focused work time.



## WHAT KIND OF BREAKS ARE EFFECTIVE?

Not all breaks will provide the same benefits. Tune into what your body needs and choose a break that will meet your needs! Consider one of these mood-boosting, motivational break types that will leave you feeling refreshed and ready to resume your task!

A SOCIAL BREAK	MOVEMENT & MINDFULNESS	CREATIVITY	A NOURISHMENT BREAK	SWITCH IT UP
<p>Connect with others during your break:</p> <ul style="list-style-type: none"> <li>call a friend</li> <li>catch up with a family member</li> <li>spend time with a pet</li> <li>try to avoid checking social media</li> </ul> <p>Socializing with others can improve our emotional state and reduce stress</p>	<p>Find time for movement &amp; mindfulness exercise:</p> <ul style="list-style-type: none"> <li>take a short walk</li> <li>stretch/do yoga</li> <li>complete a chore/tidy up your workspace</li> <li>move your workspace</li> <li>try a breathing exercise</li> </ul> <p>movement helps increase engagement and productivity; mindfulness exercises can help reduce stress so we can get get back to work feeling more attentive</p>	<p>Step back from your studies and do something creative.</p> <ul style="list-style-type: none"> <li>draw/sketch/paint</li> <li>journal</li> <li>tend to plants/garden</li> </ul> <p>Creative activities can exercise different parts of the brain and increase our supply of dopamine, leaving us in a more positive and attentive headspace.</p>	<p>Use your break time to nourish yourself</p> <ul style="list-style-type: none"> <li>take a power nap</li> <li>take a shower</li> <li>make a cup of coffee or tea</li> <li>enjoy a snack</li> </ul> <p>These are great ways to replenish your body and return to your studies feeling more focused and productive</p>	<p>If you are feeling like you've hit a roadblock studying a particular subject or topic,</p> <p>switch it up and begin studying for something else.</p> <p>This practice shows similar benefits to taking a break, like increased focus and retention of information. It can be useful if you find yourself unable to take a break from your studies.</p>