We know the value and importance of planning our study but we frequently don’t think about study breaks and what activities to do during breaks e.g. temptation of watching 40 minute Netflix episode in a 15 minute break!

Study is tiring and challenging so it is really important to take care of yourself and include regular breaks across the day.

The goal of breaks is to feel more refreshed and help with your attention and focus.

How often and how long you take a break varies for everyone , it can change day to day and even during the day depending how you feel so please don’t compare yourself to others and just think about what works for you.

**What suits you?**

* Some people find 45 minutes work and 15 minute break helpful.
* Others use ‘Pomodoro’ technique which is focused work for 30 mins followed by timed break.
* Some people decide not to set a time to study and continue until they feel they need a break – with this it is important to notice when your energy and concentration is decreasing. Studying for more than 90 minutes without a break is often unproductive.

**Manage Social Media:**

* This is always a challenge and even more so in the current situation with so much online activity, news and distractions.
* Social media, news, gaming or Netflix are tempting and convenient activities but can be difficult to stop after 15-20 minutes.
* If these are your break activities think about using timer or app to manage usage, limit what you read e.g. ‘2 news articles’ or schedule them for later when you take a longer break e.g. lunchtime or evening.

**Do you need active break or quiet break?**

* If you feel tired or low in energy, an **‘active break’** may help e.g. Walk, Stretch, Dance or short Yoga video.
* If you feel anxious or unsettled, **a ‘calming break’** may be best e.g. Mindfulness breathing, Mindfulness colouring, Music you enjoy, Puzzle or Chat with friends/family.

**Healthy Snacks and Hydration:**

* Remember to drink water and healthy snacks e.g. fruit, nuts, crackers, cereal bars.
* Mind your caffeine intake (including energy drinks): Try to avoid in the afternoon as it can impact on sleep. Consider Decaf coffee/tea, hot chocolate or herbal alternatives.