

6 EASY WAYS TO PRACTICE SELF-CARE WHILE STUDYING



UNPLUG AND LOG OFF SOCIAL MEDIA.

Social media is a great way to feel connected to the world around you, but the constant flow of information can also be extremely overwhelming. Removing the apps from your phone is the easiest step to take when you're swamped with studying or just in need of a cleanse.

FIND A COMFORTABLE STUDY SPACE.

When settling down to study, it's important to find a balance between comfort and structure. Find a place without outside distractions so you can be in your most productive, focused headspace.



SET ASIDE 30 MINUTES TO BE ACTIVE.

Allow yourself to step away from your work and shut your brain off for a few minutes -- you'll probably feel more focused when you return.

STAY HYDRATED WITH WATER

Give your body the nutrients it needs to keep you healthy, alert and focused. Carry a water bottle with you and be sure you always have a healthy snack in your bag; ignoring your appetite will leave you sluggish and unproductive.



MAKE A PLAYLIST OF ESSENTIAL TUNES.

Playlists keep you focused and calm, instantly making your study space a more enjoyable atmosphere.

REACH OUT TO FRIENDS WHEN YOU NEED A BREAK.

Infographics are visual representations of data, making complex info easier to share and digest. When making your own, simply organize your images, charts, and text. Finally, cite your sources.



SELF-CARE IS HOW YOU MAXIMIZE YOUR POWER!

MAKE AN APPOINTMENT WITH YOURSELF!

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