Quick Study Breaks

Try these quick study breaks when you can’t spare more than 15 minutes:

- **Get up and move.** Stretch or do some quick cardio. Interrupting long periods of sitting is great for your physical and mental health, as well as concentration.

- **Schedule a snack.** Even a short, small meal is better than scarfing down food while studying and will give your mind a break. You can plan ahead by prepping a healthy option.

- **Check social media.** Give yourself time to catch up with friends. Just make sure to limit how long you spend chatting. Set a timer if necessary.

- **Work on a fun project.** Read, draw, cook—do anything enjoyable that isn’t school-related! Creative activities have been shown to actually improve problem-solving abilities and academic success.

**IN THIS MONTH’S ISSUE OF STUDENT HEALTH 101:**

**You Snooze, You Win**

How Sleep Helps You Retain Memory

READ STUDENT HEALTH 101 TODAY:

http://readsh101.com/miami.html