# REST AND RECHARGE

**1.Prioritize Sleep**

- <u>Reset your schedule</u> to ensure <u>7-9 hours</u> of consistent rest.
- Sleep improves <u>memory and focus</u> for when you dive back into semester 2!
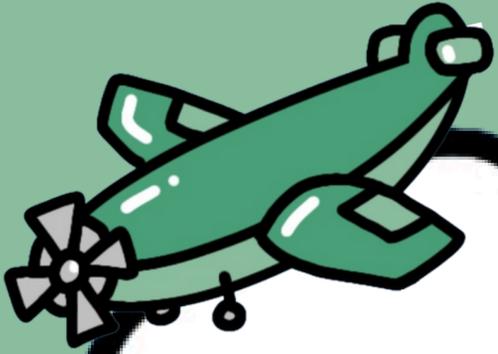
**2. Unplug & Reset**

- <u>Take a break</u> from screens to rest your eyes and mind (I see you screenagers...)
- Spend time outdoors or in quiet spaces to recharge mentally.

**3. Move Your Body**

- Engage in light exercise like walking, yoga, or stretching to release tension.
- <u>Physical activity</u> boosts mood and helps you feel energized.

# LEVEL UP FOR SEMESTER 2

**1. Reflect on Finals**

- Identify what strategies worked and what didn't.
- Use this reflection to create a plan for tackling similar challenges next time.

**2. Refresh Your Routine**

- Build a <u>daily</u> schedule that balances study, self-care, and downtime.
- Add structured breaks and prioritize tasks to avoid burnout.

**3. Build Long-Term Habits**

- Start small: dedicate 10 minutes daily to reviewing past content or organizing notes.
- Focus on consistency–small steps lead to big improvements over time!