

MENTAL HEALTH & POSITIVITY!



→ LIFE

↓ WORK



WHAT IS POSITIVE MENTAL HEALTH?

+ A lot of it comes down to **balance** (more specifically, a **work-life balance!**)

- This means you give priority to BOTH your **work**:
 - Academics | Extracurriculars | Jobs | Responsibilities
- AND **life**:
 - Hobbies | Breaks | Family & Friends
 - Time where work is **not** happening*

Your mental health **matters** -> prioritize it!

• Times get tough and it can be hard to maintain **positivity**...here are a few tips:

- Think **bigger picture** → setbacks are often minor in the grand scheme of things
- **Optimistic** thinking! → actively turn those setbacks into moments of learning even when you don't feel like it
- Still, allow yourself to **grow** and **develop** (it is okay to let yourself experience **emotions** - this is **natural**)

ALSO...

Consider **environments** you can **control**

How might you make these spaces better for your mental health?

CLEANLINESS:

a messy space can easily contribute to your negative state of mind or even cause it

ORGANIZATION:

a quiet, clean, separate space if possible; try to eliminate distractions or things that can overwhelm you

PERSONALIZE:

decorate; set up your personal spaces in ways that reflect you (fulfilling and boosts mental health!)

MENTAL HEALTH & POSITIVITY!

NOW, Y'ALL MAY BE WONDERING: HOW EXACTLY, DO I TAKE A BREAK? WELL, LOOK NO FURTHER! THIS GUIDE WILL TELL YOU EXACTLY WHEN AND HOW TO TAKE A BREAK TO OPTIMIZE YOUR LOCK-INNESS!

SOME WAYS TO TAKE A MINDFUL BREAK:

TAKING A WALK – This may seem boring, but taking a walk is a good way to give your overstimulated mind a well-deserved break.

ALLOWING YOUR BODY TO RESET – Take a shower, get some food, or even just take a quick power nap! Your body is more important than getting the A, even though it doesn't always feel like it. Running on 4 hours of sleep daily is not ideal, and even an extra 20 minutes of sleep can really make a difference!

LISTENING TO MUSIC – Music is often a huge stress reliever, especially in this case! Turn on your favorite album and just sing along! Forget about your evil math teacher, and let yourself relax!

ENJOYING YOUR HOBBIES – A lot of us have hobbies that we don't feel like we have time for. A great time to pursue your hobbies is when taking a break! It's a great way to chill out. You can do something you love, and forget about school, just for a little while.

JUST ZONING OUT – Although zoning out is usually seen as a negative, it really can be beneficial. Zoning out is your mind telling you that you are unable to focus any longer due to fatigue or stress.

YIPPIE!!!



HOW NOT TO TAKE A BREAK:

Imagine it's the night before a huge Physics test, and you need to take a break. I highly doubt that your break would include a Khan Academy video on sine waves. You're trying to take a break from Physics, not learn it a different way. What you WOULD want to do is scroll on your phone. However, I'm sorry to say that doom scrolling is not the way to go. Not only does that just lead to more procrastination, but it also doesn't refresh you at all! Your mind is getting so much stimulation that it is probably exhausting and stressing you out even more, even if you don't realize that in the moment due to the dopamine boost.

WHEN TO TAKE A BREAK:

A break can last anywhere from 5 to 60 minutes! If you feel like you cannot cram another word into your brain, don't force yourself to keep going! Breaks are to help you focus better in the long run, but if you don't allow yourself the appropriate time to take a break, they are useless and can be a waste of time. There's a fine line in taking a break for yourself and "taking a break" as a way of procrastination. For some people, when to take a break just depends on how they feel. A good rule of thumb to remember is to take a break after every 45–50 minutes of studying. However, this does not work for everyone. When you can feel your attention span slipping, it's usually time for a break.

