10 snacks to keep you energized while studying

- Fruits like apples, bananas and blueberries
- Pressed juice
- String cheese
- Hummus
- Green tea
- Unsalted nuts
- Popcorn
- Dark chocolate
- Avocado/guacamole
- Greek yogurt
10 Study Break Tips

- Keep hydrated for a sharp mind
- Meditate — sit in one spot for a few minutes with your eyes closed
- Stretch and move your body
- Put on music and dance
- Take a walk or run
- Eat a healthy snack
- Watch a comedic TV show/something funny
- Organize your space/declutter
- Spend time with friends
- Complete a chore or something that has been on your plate

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10 Tips for Stress Relief

- Get enough sleep
- Connect with friends or family
- Write in a journal
- Take a walk or exercise
- Volunteer
- Take a moment alone to breathe
- Pursue your passions/do something that makes you happy
- Don’t overload yourself
- Limit your caffeine and sugar intake
- Remember it’s okay to make mistakes

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10 Tips for Productivity

• Focus on the three most important tasks of your day
• Create a schedule for these tasks vs. a To-Do list
• Schedule time for breaks and projects
• Exercise in the morning, if you can
• Don’t multi-task
• Keep your phone on airplane mode during study time
• Don’t work in bed
• Keep a list of completed tasks
• Find your ‘golden hours’ when you are most awake and alert
• Work in a clean area

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