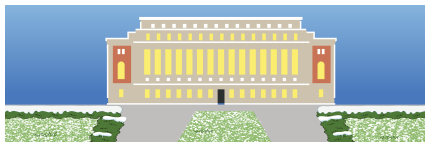


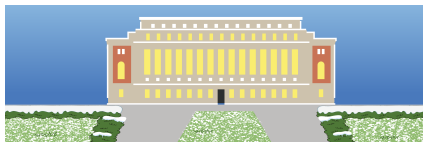
10 snacks to keep you energized while studying

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



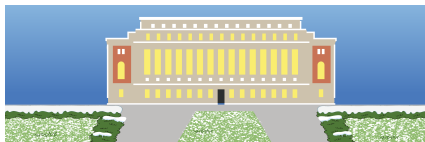
10 Study Break Tips

- 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



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



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

