

DO	DON'T
✓ Take regular breaks when studying, every 50 mins or every hour, take a 10-15-minute break.	X Don't study long hours without taking any breaks.
✓ Set a time limit for your study breaks (10 minutes is optimal) and stick to it.	X Don't take breaks exceeding 15-20 minutes.
✓ Use your study breaks to do some physical exercises (stretching, walking, yoga, etc.)	X Don't sit on your desk for hours long periods of time without moving.
✓ Take a shower or wash your hands and face during your breaks to feel energized.	X Don't take a long and relaxing bath which can make you prolong your break.
✓ During your break take a power nap (15-20 min) but make sure you set your alarm.	X Don't use your breaks to sleep for more than 15-20 min.
✓ Meditate during your short breaks (allow your brain to rest and recharge).	X Avoid listening to loud music or doing exhausting activities during your break.
✓ Use your break to fuel your body (drink water, eat a healthy snack, prepare an energizing smoothie, etc.)	X Don't study on an empty stomach and avoid dehydration.
✓ Perform a different task (tidy your room, cook a quick but healthy meal, or tackle a different study task, etc.)	X Don't try to clean your entire house or cook a time-consuming dish during your breaks.
✓ Do something relaxing or fun during breaks (listening to music, talking to your friends or having some meal with your friends).	X Don't use your breaks to do exhausting activities or activities you don't really enjoy, this can decrease your motivation to resume studying.
✓ Use your break to switch your study location (take a walk to the library or go outside and study in the garden).	X Don't take your break in the same location where you study. If you mainly study on your desk in your room, don't spend your break sitting on that desk again (for example, change the room, go to the kitchen or balcony, go outside, etc.)
✓ Turn your phone off while studying to avoid distractions but turn your phone on during your breaks to check on social media, news, etc. (make sure the break does not exceed 15 min).	X Don't spend all your study breaks on your phone. You need to fuel your body and mind by doing a variety of activities.
✓ When it is time to go back to your studies, just do it!	X Do not procrastinate!