

# HOW TO SURVIVE POST-SPRING BREAK BLUES



## 1. PLAN

Set some time aside at the beginning of the week to review and plan your schedule. Look at your syllabi for important dates and deadlines.

## 2. REST

Now that you've returned from spring break, make sure to get plenty of rest. Getting the proper amount of sleep can help you stay focused and alert.



## 3. PRIORITIZE

Prioritize your commitments between urgent and important tasks. Don't be distracted by time-wasting activities like social media, procrastinating, watching t.v. shows, etc.

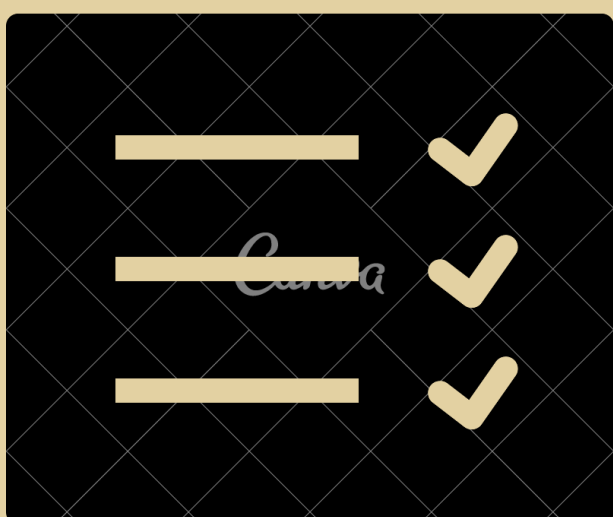
## 4. MEDITATE

Feeling high levels of stress? Spend time meditating and de-stressing for a moment to pause and relax, especially if you're having difficulty focusing.



## 5. GOAL SETTING

Being motivated is important for staying on track of your assignments. Write down a list of short-term goals you would like to accomplish for the week. Once completed, be sure to reward yourself!



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