

For all of us today to keep our mind and body healthy let's consider the students we know.

As students are being asked to stay at home and complete assignments, we wanted to share a few helpful tips to encourage successful learning!

Studying is one of the most important parts of succeeding at school, but it can also be one of the biggest and most consistent sources of stress. So, how can you lower stress when it's time to hit the books? Here are some healthy study habits that may help.

#1: Take Care of Your Body - Your brain and your body are inseparable. So, caring for your physical health can only help your study time be more productive.

Consider: Not drinking too much caffeine, which can make you feel more anxious; instead drinking plenty of water. Replacing sugary snacks with more nutritious snacks (veggies, mixed nuts, hummus, cheese, fruit etc.)

#2: Take Mindful Breaks - Taking breaks during studying can be beneficial and can help you sustain your focus better when it's time to get back to work. Time your breaks for between 5 and 10 minutes for each hour of study time.

During this time, you might: **Be still.** If your study time is particularly stressful, or for a high-stakes test, it is a good idea to still yourself with some deep breathing and quiet time. **Move:** Healthy movement, like walking around the room or doing some light stretching, keeps the blood flowing. That makes you feel better and can give you a little energy boost during a long study session.

#3: Study Every Day - Even if you don't have an assignment due the next day, regularly reviewing what you learned is more effective than just cramming the night before a big exam or project due date.

Like practicing a musical instrument, the more you familiarize yourself with what you're studying, the more comfortable you'll become with the material.



#4: Have a Support System - According to the American Psychological Association, respondents in a stress study who had a support system reported they had a significantly lower stress level than people without a support system. Just knowing someone is there for you, or there with you, can make a big difference.

This can mean: studying with a group: (in small numbers 5 or less) use a group digital form of media. Instead of having to rely only on your memory, you get the benefit of what others remember, too.

Parents and/or grandparents - spend quality time discussing ideas and or assignments with your child so they feel supported at this time. You may not know the correct answer, but you can support them in helping them find it!

We realize at this time of uncertainty it may be overwhelming for the students in your life. However, if over days and weeks their distress or stress symptoms are escalating, or you feel they are not coping, seek help and professional support. Suicide Prevention Network can help if you need to talk! We are in this together! Please give our office a call if you have questions or concerns. 775-783-1510. Or visit our website www.spnawareness.org

