

# SELF CARE & SCHOOL

With all the time we're spending doing school and work online, it's important to make sure we're taking care of ourselves while studying. This resource aims to share some tips about how to manage your time during online school, as well as how to take care of yourself when things get stressful

## Time Management

This section has some tips related to online school and time management that have worked for members of our team!

- If possible, try to have a comfortable study space: keep a water bottle or a small snack on hand so you're not uncomfortable while sitting for long periods of time.
- Get rid of anything else that's distracting in your vicinity to create a distraction-free study space.



- Set aside time for studying but also set aside time for relaxing. It's really hard to take a break sometimes when everything (both studying and fun stuff) is online, so try and set aside some time for yourself to enjoy every day.
- Watch your posture! Try to sit on a proper chair with a table.
  - Take breaks to stand up and stretch. But it's also totally okay if you want to work on your computer on the couch as well, just try to rotate time between sitting properly and being comfy.
  - <https://youtu.be/f6RGHvp2oCA>
- Facetime friends
- Useful to try and lay out all your deadlines in advance so they don't take you by surprise
- Make to-do lists
- Ask your teachers/professors for help if you're struggling
  - Take advantage of office hours
  - Ask to arrange extra time for help
  - Email your teacher with your questions
- Collaborate with other people in your classes





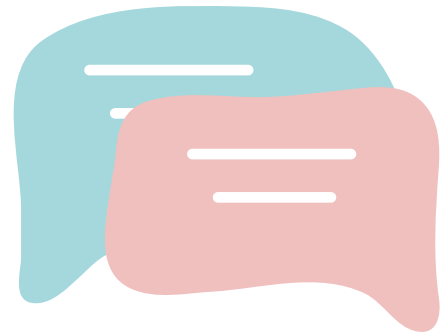
- Set goals and time limits for your work to help motivate you!
- The Forest or Flora app is really useful (and fun) for this; you can set times for work and breaks on it.
- It also allows you to compare your study times with your friends on the app
- Use educational YouTube videos or resources such as Khan Academy to help motivate you and explain difficult material
- Pomodoro technique can be useful to work on a large task by breaking it down into smaller pieces, but feel free to adjust the work and break times to suit your needs



# Self Care

This section contains some self-care tips that work for our team members during online school!

- Take regular breaks!
- Go on walks, since even a little bit of fresh air can sometimes make you feel better
- Facetime friends
- Watch some motivational study videos!
- Reward yourself! For example, if you study for an hour, then let yourself watch some Netflix for a certain amount of time
- Don't feel guilty to prioritize self care over work. Times are hard, and it's alright to set work aside for self-care



# Managing Screen Time

With both fun activities and school online, it's easy to spend a lot more time around screens. This is nothing to feel guilty about, but if you're looking for some tips to manage your screen time, here is what worked for us:

- Setting aside dedicated time in the day to be away from your screen if possible
- Taking breaks when looking at the screen — even to just get up and walk around your room.
- Reading physical books.
- Listening to music, audiobooks, or podcasts, since those are still entertaining but also allow your eyes to rest
- Looking at the furthest possible point in a room helps refocus your eyes a bit
- Set a screen time limit on certain apps on your phone that you know you spend a lot of time on
- Spending time with your family doing offscreen activities

