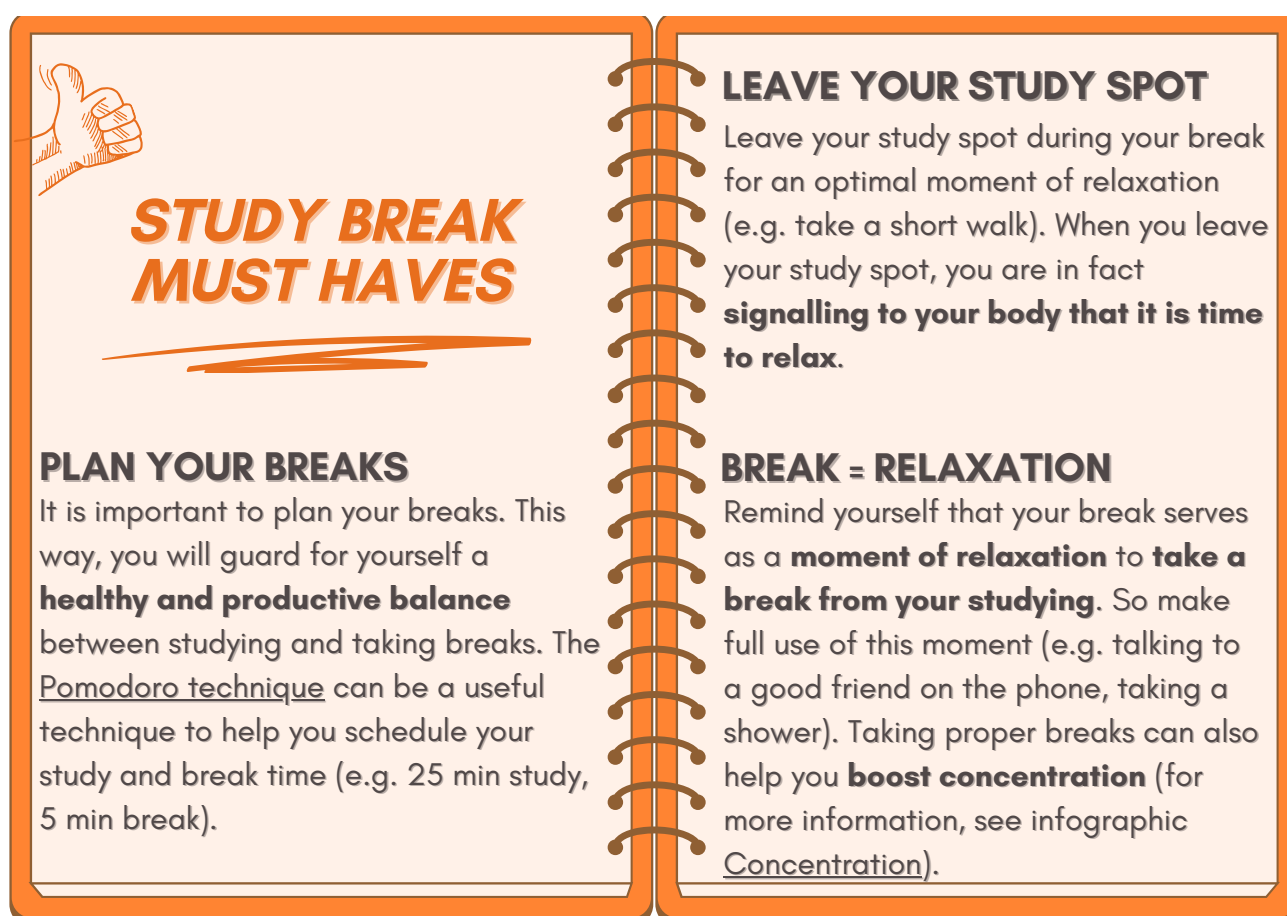


Make the most out of your ...

STUDY BREAKS

"It's okay to take a break". Good study breaks are as important as good study moments. In fact, **study breaks** have a **positive effect** on **motivation and wellbeing**, but also on **concentration and focus**. Our ability to concentrate varies from person to person and there are several factors that can interfere with attention span and complicate focus while studying, such as stress, fatigue and distractions. So by maintaining a **healthy balance between studying and study breaks**, you will not only allow yourself the necessary **relaxation**, but you will also increase the **productivity** of your **study moments**!



Social media = fastfood for the brain



The tendency to check your phone during study moments/breaks is often strong. However, did you know that:

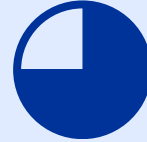
- ▶ **Each notification activates** the same **reward system** as eating chips, for example. This causes us to **keep scrolling** and **procrastinate**.
- ▶ It is **harder** for our brain to **get back into focus mode after social media use**.
- ▶ You can **limit this use** by using a **timer or app** (e.g. Forest) and/or **turning off your notifications**.

INSPIRATION FOR ...



... a short break

- **Movement:** Every step counts. Get some fresh air outside or listen to a podcast while walking.
- **Relaxation:** Find a small activity that relaxes you and that you can use during these short breaks (e.g. listening to music, meditation, a cup of tea, going outside...).
- **Social:** A small conversation with someone close to you can work wonders. You can give your parents or best friend a call and have a fun conversation.



... a longer break

- **Movement:** Combine the pleasant with the practical. Take your bike or go by foot to the supermarket and then prepare your delicious meal while listening to music.
- **Relaxation:** Know yourself. Think of a fun, relaxing activity to look forward to during your longer break (e.g. reading a book, playing the guitar, watching a series, playing a board game...).
- **Social:** Meet up with friends for a break (e.g. lunch at the Resto) or try a group lesson from the VUB sports offer.

TIP

Relaxation

→ Abdominal breathing

With our **breathing**, we can **influence how we feel**. By practising abdominal breathing, you can **reduce stress** and **calm your mind and body** (see infographic [Abdominal breathing](#)).

Distraction

→ "Feel good"-list

Make a **list of activities** you like to do. You can **categorise** these activities **into "small" and "big"**. This way, you will always have **ideas** at hand to **fill your study breaks with something fun!**

STUDY BREAK HOTSPOTS ON CAMPUS



ETTERBEEK

Resto, 't Complex,
Bar Pilar, Opinio



Basic Fit, athletics track,
pool, BBQ/campfire
area

JETTE

Resto, The Link,
Java Coffee House

Basic Fit, seats in
front of the library,
Laarbeek forest