



STUDYING LONG? TAKE 15 MIN AND..

# BREAK AWAY



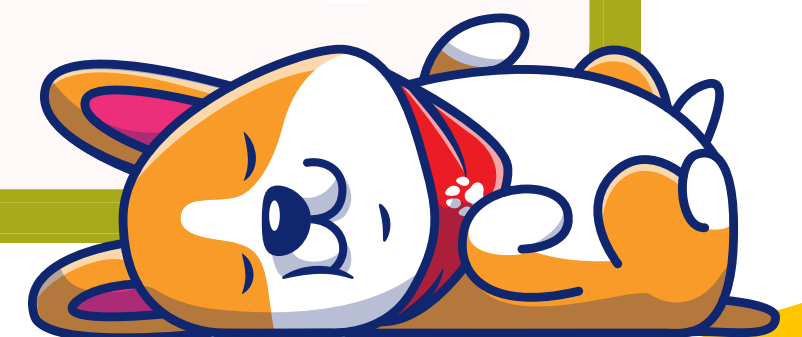
TAKE A QUICK WALK

PRACTICE MEDITATION, STRETCH,  
OR DO SOME YOGA

SNACK BREAK OR GO GRAB YOUR  
FAVORITE BEVERAGE

WATCH YOUR FAVORITE SHOW OR  
YOUTUBE VIDEO

TAKE A POWER NAP



Remember that your mental health is critical to  
getting the most out of your education!