

TAKING EFFECTIVE BREAKS

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LEARNING OUTCOMES

- Students will learn the importance of taking breaks.
- Incorporate self-care breaks into their daily routine.
- Differentiate the difference between short breaks and long breaks.



MYTHBUSTER

- When on your breaks, watch TV to keep yourself occupied.
 - **FALSE** (Hines, 2010)



IMPORTANCE OF BREAKS

- Taking regular breaks avoids burnout (Hines, 2010)
- Increases productivity, socialization
- Increased physical activity levels
- Increased mood
 - (Taylor, King, Shegog, Paxton, Evans-Hudnall, Rempel & Yancey, 2013)



THINGS TO AVOID DURING BREAKS

- Snacking on junk food
- Watching TV
- Checking social media
- Taking naps longer than 30 minutes (Henning, Jacques, Kissel, Sullivan & As-Webb, 2014)



SELF-CARE STUDY BREAKS

- Take a walk
- Drink water
- Stretch
- Go outside
- Eat a healthy snack



SHORT BREAKS

- Short breaks are typically 30-seconds to a few minutes
- Short breaks improved worker productivity (Henning, Jacques, Kissel, Sullivan & As-Webb, 2014).
- Short breaks provides an opportunity for a psychological detachment (Burkland, 2013)



LONG BREAKS

- Long breaks are usually 30 to 45 minutes
- Leave your study space for leisure
- Gives the ability to schedule meals
- Incorporating a restorative break interrupts escalating moods (Plummer, 2017)



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