

Whenever I'm doing my homework, I like to distract myself. These distractions allow me to get away from my work and come back with a refreshed mind. I can get the work done faster after my break, and I have an easier time finding mistakes. Taking these breaks allow me to produce a better product, and feel better when I finish it.

My favorite distraction is watching a video. I'll pull up a youtube video on a random topic. It'll be a video about history, science, maybe pop culture, just whatever catches my eye. These videos are great for learning new random facts I'll never be able to apply in a real world situation, but they are great distractions. I like to take a short break and watch a video to relax. These videos really help me clear my mind and take another look at what I'm doing. When I work on something for a while I tend to get tunnelvisioned and can make dumb mistakes, but once I've taken my break I have an easier time getting it done and feel better about the finished product.

I also like to do some brain games like Wordle. They're fun to do and help keep my brain active and get me distracted from my work. A new game called Pips was just added to the New York Times and it's pretty fun. These games allow me to step away from my work without fully turning off my brain. I can engage with something that's still mentally stimulating. I have a mental checklist of games I like to do everyday. They're low-stakes, but they still make me feel good when I complete them. When I come back to my homework I'm still in that thinking state that Wordle will put me in, so I can use that to my advantage to get my work done faster.

However, sometimes all the screens are too much for my brain. We use them everyday at school and use them to do our homework, many including myself, use it as entertainment as well. So instead of frying my brain, I'll get up, grab some water and take a walk outside. Breathing in that fresh air and getting your body moving can help renew your lost vigor. The

world we live requires so much time behind the screen, that it's good to get away from it all and disconnect. I'll get headaches after using screens for too long so the walk helps give me a coolhead. Feeling the fresh air brush across my face feels amazing. It feels nice to get active after sitting down for so long. Any physical activities after working for so long are nice. I find that physical activities allow me to better advance my physical state and my mental state. Running makes me feel free, and I can get away from the responsibilities that I have. In that moment it's just me and the path forward, and I'm able to put my all into it. When I get back to my

Another thing I like to do is grab a sweet treat. If I don't have enough time to take a long break or I'm tired I'll grab a piece of candy or a soda. They're little pick me ups that help me get my work done. It allows me to keep working knowing I'll be getting a reward soon. It also doesn't take as long as other breaks, so I can get back to work fast. These tiny rewards are part of what helps me stay consistent. They make long stretches of work feel more manageable. The caffeine from the soda also helps me focus more and stay awake. It's a chance to pause, taste something I enjoy, and then return to my work with a little more energy than I had before.

After I get home from school I find myself very tired and drained of energy. If I was to start working on my homework while tired, my work would be very sloppy and rushed. That's why I like to take a nap when I get home. It allows me to regain energy and feel refreshed after school. I also will sometimes have headaches after getting home from school. I'll take a tylenol, but if it doesn't help me then I'll take a nap. However, there have been times where I accidentally sleep for too long. This can throw off my sleep schedule and cause me to wake up tired for school the next day. I might even not get my homework done that night so I have to get it done when I wake up for school the next morning. I do have measures to make sure this doesn't

happen though. I'll set an alarm to wake me up in 30 minutes to an hour depending on how tired I am. When all goes right I wake up feeling energized and ready to get back to work.

Some people will say all this is a waste of time, and I should just buckle down and do the work. I wouldn't say they're right, but they aren't wrong. I could probably get the work done faster if I didn't pause for a break, but it would leave me feeling drained after I finished. I would rather give up some of my time to make the work easier to get through. I'm not avoiding my work, but I'm also not pushing myself to the point of burnout.

When doing my work, be it videos, brain games, outside time, a nap, or a sweet treat, they've all become small, but meaningful things I do. They give me space to step away, reset, and have a moment to myself. I'm not feeling the stress of any deadlines while I'm doing these. They're all simple little things that don't matter that much in a vacuum; however, when they are applied as a break they mean a lot to me. There are more than just little distractions; they help me clear the mental stack of doing all the work. I believe that all these breaks help me relax and ease the workload allowing me to get more done and be more efficient.