Ready, Set, Break!

By Agnes Gonzalez, MS

That is right; that well deserved break is really right around the corner now! It’s time to break the routine of going to classes, cafeteria, and back to your room an endless number of times each week, and create a different experience for yourself that can bring back a smile on your face.

You may already have a road trip scheduled with your friends, or plan to head back home. Whatever your way of recharging is, make sure that it will be truly giving you the energy you need for the rest of the semester instead of further depleting you or leaving you with unpleasant consequences to deal with.

So before you jump head first into your next adventure, just think for a moment about what you really need at this point in the semester. Surely, you need a break from studies and responsibilities, which are something to do away with for a short few days, but also ask yourself about what you could use more of during this mini vacation.

Maybe it is time to catch up on some sleep. If you are worn out from juggling deadlines, and you are short on sleep, this is the moment you have been waiting for. You can treat yourself to a few extra hours of sleep knowing that your morning classes will be waiting for you for another week.

Possibly you also may have neglected other aspects of your physical well-being, by prioritizing spontaneous get-togethers with friends or having overnight cram sessions to make up for the time spent staying current on social media.

This can be your chance to start eating some great nutritious meals again instead of trying to survive on fast food only. Plus you can also have the extra time to reconnect to your favorite physical activity – may it be walking, running, playing team sports, or doing yoga. Your body will definitely thank you for these, and your mind will also get the needed fuel as a result. It’s a worthy investment for sure.

The beauty of these simple tips is that you can put them in practice wherever you go. You can be back at your parents’ home or at a beach, and you can still take some time out of each day to replenish your vitality by sleeping well, eating well, and exercising.

Of course, you may have some more extravagant experiences in mind, but whatever you choose to do, find ways to keep yourself safe so you can look back on this time with no regrets. So stay around people you trust, be mindful of your decisions, and respect your own and others’ boundaries regarding alcohol and sex.

Even if you do not get to go on a trip or you do need to catch up on some school work, make sure your break is truly one, a break from your norm, a chance to incorporate even small things you enjoy so that you can have a new sense of momentum upon your return. Wishing you a relaxing and enriching time!

Stay healthy and safe!