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 are typically 30-seconds to a few minutes


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)
REFERENCES


