



MINDFUL USC AND THE KORTSCHAK CENTER
DOING MINDFUL STUDYING INDEPENDENTLY

Try the Pomodoro Technique this finals season!

The Pomodoro Technique

Pomodoro is the Italian word for tomato. The inventor named the technique after a tomato-shaped timer he used to track his work.

- 1. Identify task** 
- 2. Set timer for 25 minutes** 
- 3. Work on task (with no distractions)** 
- 4. End work when timer rings and mark task as done** 
- 5. Take a 5 minute break, then move on to next task** 
- 6. After four sprints, take a longer break (15–30 minutes), then start again** 

Pomodoro 1 Pomodoro 2 Pomodoro 3 Pomodoro 4 Break :)

Taking Mindful Breaks

Check-in with your needs first!

Do you need to use the restroom or eat or move your body?

Try HALT

HALT – 1-3 minutes

Often, when we find that we're upset or in distress, we forget to take care of our most basic needs. This exercise provides a way of tending to immediate needs in a way that can allow us to take beneficial action right now. HALT is an acronym for hungry, angry, lonely, and tired. If you find that you're in distress, ask yourself:

(am I) Hungry? – If yes, have a snack or, if it's time, eat a meal. Being hungry affects our moods and ability to concentrate in the moment.

(am I) Angry? – If yes, simply acknowledging that we're feeling anger can help to take the steam out of it, and can help us make better, less spontaneous decisions in the moment.

(am I) Lonely? – If yes, reach out to a trusted friend or family member. Even if you're not feeling lonely, connecting with others can help us manage our worries and struggles.

(am I) Tired? – If yes, rest, take a short nap, or, if the time is right, get a full night's sleep. Being tired makes it difficult to make good decisions and causes us to be less resilient in the face of stress.

Compassionate Movement

Stand up and feel the soles of your feet on the floor. Rocking forward and backward a little, and side to side. Making little circles with your knees, feeling the changes of sensation in the soles of your feet. Anchoring your awareness in your feet.

Opening

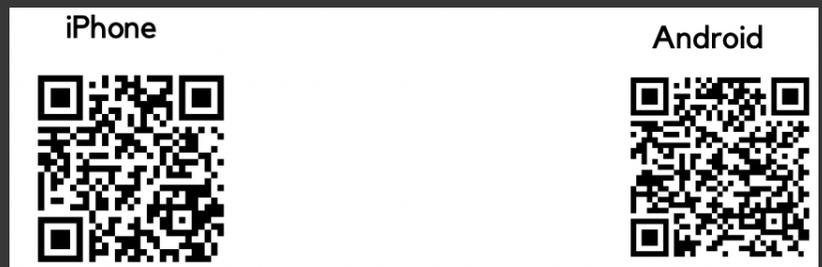
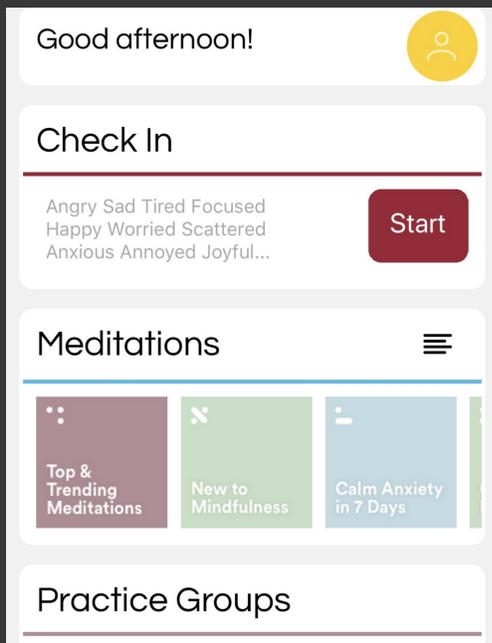
Now opening your field of awareness and scanning your whole body for other sensations, noticing any areas of ease as well as areas of tension.

Responding Compassionately

Focusing for a moment on places of discomfort. Gradually begin to move your body in a way that feels really good to you—giving yourself compassion. For example, letting yourself gently twist your shoulders, rolling your head, turning at the waist, dropping into a forward bend...whatever feels just right for you right now. Giving your body the movement it needs.

Stillness

Finally, coming to stillness, standing again and feeling your body, noting any changes.



Download the Mindful USC app by using these codes

