



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

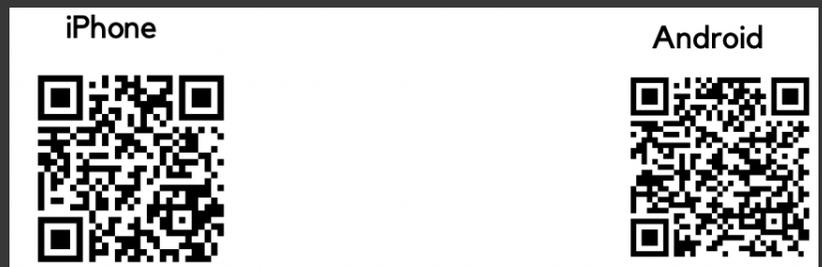
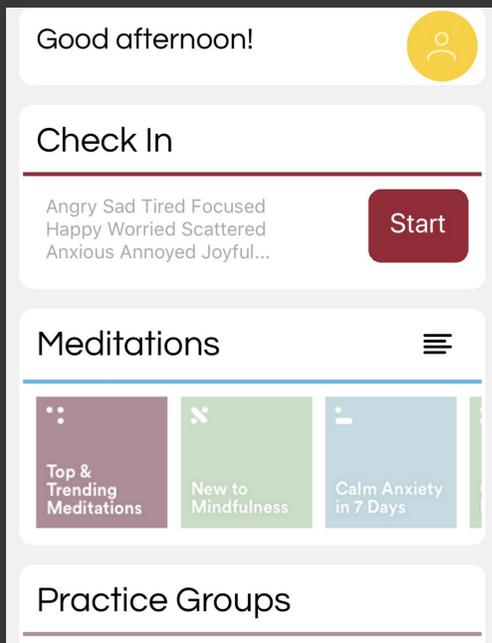
Now opening your field of awareness and scanning your whole body for other sensations, noticing any areas of ease as well as areas of tension.

### 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

