



**ARC**

ACADEMIC RESOURCE CENTER  
at Harvard University

Photo by Wesley Tingey

# LEARNING ONLINE

studying and well-being



Studying from home can be stressful. Here are some suggestions for staying well:

- Work in 30-minute or 1-hour increments and spend the last **five minutes doing some light exercise** (sun salutations, jumping jacks, push-ups, air squats, etc.). You can study in athletic clothes to stay motivated (and comfortable)!
- If you have one, **pet your dog or cat** during some of your breaks.
- Try to **take a daily walk outside**, especially if you are staying in a place that is restricting gatherings and other kinds of movement.
- **Shower daily and try to keep healthy snacks around**, but don't beat yourself up for the occasional lazy day and bowls of ice cream.
- **Keep track of your emotions** using a mood tracking app like Mood Tracker. Be mindful of how your studies are impacting your mood and how your mood is impacting your studies. Be gentle with yourself, and adjust as necessary.
- If you are finding that the news and social media are creating stress, **try putting your phone in airplane mode**, even for short periods of time.
- **Schedule video study groups and social time**. Texting in real time provides some connection, but seeing the face of a friend can actively decrease your sense of isolation.
- Do whatever you can to **make your workspace as soothing as possible**. Flowers, house plants, and pictures of beautiful places can create a sense of peace.

Know that these are unprecedented times and are bound to be difficult. If you want more tips, **book an appointment with an Academic Coach**.