

Recharge by Disconnecting



No matter where you go, or what you do, it is important to do your best to rest, relax, and disconnect during the winter break. It's so important, it should be put on the top of your winter break priority list. If you make good use of your break time, you will be more productive upon your return because relaxing and disconnecting can help you think more clearly, cleverly, and quickly.

Here is a winter break checklist to help you more easily transition to "relax mode."

1) Disconnect from Technology – Return to an analogue lifestyle by reading a book or magazine and looking for technology-free entertainment alternatives. Put your phone away or have your family participate in tech free time.

2) Treat yourself – Whether it's baking your favorite holiday dish, doing some self-care, or having an extra cup of hot cocoa, celebrate the winter break by treating yourself.

3) Get some sleep – Go to bed earlier and don't set any alarms. Sometimes during breaks our sleep schedule can get disrupted so do your best to keep it the same while working in some naps if needed.

4) Do things you enjoy – Take advantage of your chance to unwind and do whatever you fancy.

Even if you can't travel, pick up your hobbies again or take the chance to learn something new.

5) Make time for family and friends – Making time for loved ones is essential for disconnecting during winter break. Organize activities together and enjoy each other's company. If you're staying put, plan a game or movie night and invite some friends. Or set up a video call and celebrate the winter break if you can't all get together.

6) Get back to your normal routine before the first day of school – This will ease the stress of transitioning back to the school routine.

What if you have late work to complete during break?

Finish any pending work – Do not spend all of winter break working. Instead, set goals, set aside time to work, and be sure to take breaks. Try to get caught up on missing assignments at the beginning of the winter break so you can relax more completely when it is finished.



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