

STUDY HABITS



1. **Study in 25 minute increments.** Study for 25 minutes, take a ten minute break, and study another 25 minutes. For every additional hour of study (in one sitting), add an extra five or ten minutes to your break time.
2. **Always study in well-lit rooms.** Studying in a dimly lit room will tire your eyes and leave you feeling fatigued. To avoid this energy drain, find a brightly lit space to study. One suggestion: Checkout your local library. Libraries contain well-lit study areas, with plenty of table space for your books and few distractions.
3. **Find your best study time.** Some people study best in the morning, some prefer studying in the afternoon, and others are evening studiers. When is your best time? Nights? Mornings? Anytime, except right after lunch? If you do not know, try studying at different times to see what works for you.
4. **Eat healthy (at least before studying and during breaks).** Your brain works best when it is fed healthful foods.
5. **Find a proper place to sit.** A desk and straight-backed chair is usually best. Don't get too comfortable, a bed is a place to sleep, not study.
6. **Get in your zone.** After doing the above, it is time to concentrate. Hold all your calls, turn off the TV, and dive into your work. The sooner you can clear your mind, the sooner you can begin to work, and the sooner you'll be done.
2. Keep a top-10 list of things you like about yourself that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about you.
3. Remind yourself that "true beauty" is not simply skin-deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance, and openness that makes you beautiful regardless of whether you physically look like a supermodel. Beauty is a state of mind, not a state of your body.
4. Look at yourself as a whole person. When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you -- as a whole person.
5. Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are.
6. Shut down those voices in your head that tell you your body is not "right" or that you are a "bad" person. You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.
7. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
8. Become a critical viewer of social and media messages. Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body. Protest these messages: write a letter to the advertiser or talk back to the image or message.

POSITIVE BODY IMAGE

Feeling good about yourself is an essential ingredient to increasing your overall mental wellness. Dr. Margo Maine, the program director of the Eating Disorders Service at the Newington Children's Hospital in Newington, Connecticut offers these 10 tips to help you to turn negative body thoughts into a positive body image.



1. Appreciate all that your body can do. Your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you.
9. Do something nice for yourself - something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, find a peaceful place outside to relax.
10. Use the time and energy that you might have spent worrying about your weight to do something to help others. Reaching out to others can help you feel better about you and can make a positive change in our world.

