

HOW TO

Rest, Relax, and Rejuvenate

DURING WINTER BREAK

WHILE YOU'RE STILL WORKING ON YOUR THESIS/DISSERTATION AND/OR RESEARCH PROJECT, TRY TO:

- **Get lots of sleep.** Try to make sure that while on break you allot the time needed to get appropriate sleep so you can start back to school in January well rested.
- **Reconnect with friends and family.** Spending time with friends and family is a great way to relax and forget about the stress of school for a while.
- **Catch up on life.** (Catch up on favorite TV shows, read favorite books, or the book you put aside to begin school in August.)
- **Exercise.** Spending time exercising while on break can help you combat becoming sick or feeling depressed.

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for Graduate
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December 2018

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