



HOW TO: SUMMER-BREAK *Correctly*

After surviving the ever-so-dreaded exam period, the last thing you'd want to do is organise the next three months. But, could organisation be the key to making the *most* of your Summer? Not to worry! We have carefully crafted our **top Summer non-negotiables**:

1. After (over)working your brain, it's time to take care of your **mental health**. This can be done by relaxation, maybe wind-down with a movie or plan a day at the spa. Socialising with friends and family is also critical – time to gain some perspective outside of your textbook!

2. Now that we have addressed our brain, it's time to move! **Physical and outdoor activity** will not only make use of the warm weather, but it will also promote endorphins also known as your brains *feel-good* neurotransmitters. So, take that swim by the pool or the picnic by the harbour!

3. While we do have the time, it's also important to establish routine and goals for **personal growth**. This could mean learning a new skill that you have been longing to try such as a new language or baking recipe, prioritising reading a non-fiction novel every night, or joining one of Sydney's illustrious run clubs!

4. Finally, Summer, as much as we might want it to, cannot last forever. It's important to not get too carried away, and **brace yourself for the incoming year**. This may mean organising your schedule for university or shuffling around your work days. The last thing you want is to do is leave these nitty-gritty tasks for the day before.

Ultimately, there's no wrong way to do Summer, remember to have fun and stay safe!

by Naveera Khan

