

HOW TO: WINTER-BREAK CORRECTLY



Now that the pressure of exams is a distant dream, it's time to shift our attention on making the most of these next few weeks to *rest, reflect and realign* with our goals for the remainder of the year. I preface this by saying there is no incorrect way of spending your holidays. However, there are a few key ingredients that are worth implementing, while you have the time and energy to do so.

REST

After 14 long weeks of university, our bodies need time to recharge. While you may feel pressured to fill every opportunity with a social activity, it's important to prioritise your wellbeing to ensure that you are at your best throughout the break and beyond. Rest does not imply racking up a screen-time of 10+ hours, rather it is giving yourself space – to reconnect with yourself, your hobbies and your passions.

REFLECT

Reflection is critical for growth. After recharging, consider writing down your thoughts on what went well in the past 6 months, what went wrong, lessons you learnt in the process, what you hope to accomplish in the next 6 months, and how you will to do it. This aims to strike a conversation with yourself, and narrow down what might be otherwise viewed as the (scary) unknown.

REALIGN

Realign refers to regaining control, and actively taking steps to achieve your newfound personal goals. It refers to being intentional with your time and your actions. You may find it worthwhile to have a Pinterest board for visual motivation. Ultimately, you should seek to create the reality you desire, into the reality you exist in by behaving in a way that would enable you to accomplish your goals; consider how 'future-you' would act.

- Naveera Khan.