



University of
South Australia

Bupa Wellbeing Competition

Take a break and recharge yourself!

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As university students we often try to finish our work to achieve our study goals. Work can capture our minds and run continuously inside us. Do not get exhausted, because it can reduce your productivity and make you feel anxious. So, when you feel like you are falling behind or you cannot do work anymore, do not get stressed. It is a signal that your battery is draining out and you need to take a break to recharge yourself.

We are not programmed like machines to do work; we are human beings with emotions. You must consider self-care time for a stress-free life, and you can follow four simple steps to recharge your battery and you will feel renewed!

Relax:

First, you need to get relaxed and get away from work for a while. You can do breathing and relaxation exercises to reduce stress levels in the body. Also, it is important to have a small nap of 60-90 minutes which can improve your mood and concentration, as well as boost your energy. If you are a music lover, you can listen to your favourite song list and relax your mind.

Talk:

When studying, too much focus on work can make you feel isolated, but you must remember that you are not alone on this journey. So, put work aside for a while and remember to talk with your family, colleagues and lecturers about the things you cannot solve or manage. Do not overthink about your work and get exhausted. You can talk with others and discuss your issues. A little support can guide you to overcome this.



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Walk:

It is important to change your mood when you feel upset about your work. Instead of sitting in front of the television or using your mobile phone, the best way is to go out and have a walk. While walking, you can feel nature and fresh air. Also, studies show that greeneries can lead to calmness and effectively reduce stress. So, getting away from the working environment and feeling nature can make your mind recover from work stress and become happy.

Enjoy:

The things you love to do for fun can change your mood easily. We enjoy doing fun activities such as playing games, drawing, singing, dancing and going out with friends. This can change your mood and make you feel refreshed. So, remember while you are studying, you can make time to do things you enjoy as well. This can help you to relieve stress and refresh yourself without getting lost in the studies.

Try these simple steps and your life can be much easier if you get yourself recharged at the right time!.

I'm feeling
tired and sad!!!

I don't feel like
doing anything!



Time to take a break and
recharge yourself!

Relax

Talk

Walk

Enjoy

I'm feeling
energized and I'm
ready to work!

