



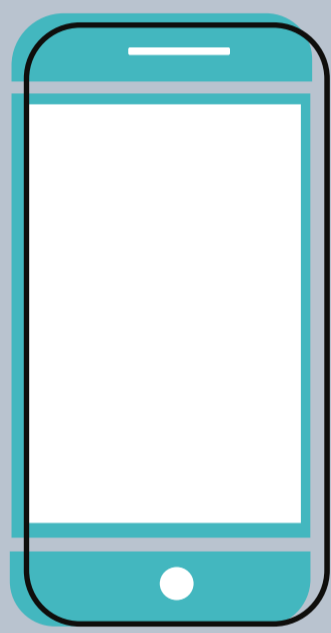
# REFOCUSING TECHNIQUES

Feeling overwhelmed and worried with final exams and projects coming up? Here are some techniques to help you stay focused!



## TAKE A FEW DEEP BREATHS

Breathe in for 4 seconds and exhale for 4 seconds while focusing on your breath moving in and out of your body. This allows your brain to focus on just one thing while also making you more physically comfortable.

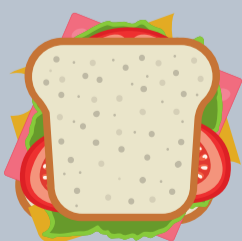


## SET YOUR PHONE TO SILENT MODE

Although phones keep us connected to our family and friends, they can also be very distracting. Text messages, news, and social media alerts all take away our focus from work. So, while you are studying it is best to keep the phone on silent!.

## TAKE A SHORT BREAK

Take 15-20 minutes and go for a walk, or at least try to leave your work area. Or, try stretching! This breaks up the physical tension that worrying can produce. During a break is also a good time to check in on your silenced phone!



## STAY HYDRATED AND EAT REGULARLY

We all know what it is like to get hangry! Your stomach can be a distraction, so eating and staying hydrated is very important. Make sure to refuel!.

QUESTIONS? FEEL FREE TO CONTACT THE GOUCHER COLLEGE STUDENT COUNSELING CENTER MONDAY THROUGH FRIDAY FROM 9 AM TO 5 PM AT 410-337-6481, OR TO SPEAK WITH A LICENSED MENTAL HEALTH COUNSELOR BY PHONE 24/7, CALL 855-236-4278.