

Preparing for Finals Week

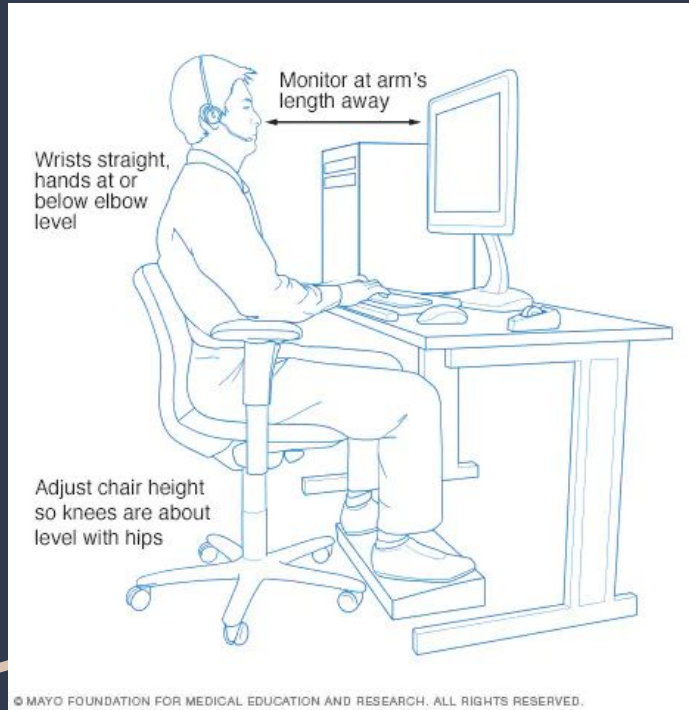
TCNJ Recreation & Wellness

Ashley Cox
Wellness Programs Coordinator



Press Trust of India. (2019, April 15). *Want to learn new skill? Take breaks: Study* | Deccan Herald. Deccan Herald; DH News Service.
<https://www.deccanherald.com/science-and-environment/want-to-learn-new-skill-take-breaks-study-728735.html>

Desk Check



- Keyboard at elbow height
- Place your computer at eye level
- Chair/Desk set-up
 - See Figure 1 on left
- Have items right in front of you
 - Easily reachable
 - Minimize seated turning & twisting

("Office Ergonomics: Your How-to Guide - Mayo Clinic," 2021)

Rest & Stretch



the Healthline Editorial Team. (2017, March 1). *The Ultimate "Deskercise" Routine: Stretches for the Office*. Healthline; Healthline Media.
<https://www.healthline.com/health/deskercise#upper-body>

- Muscles in hands tire easily
 - Hold writing utensils loosely
- Be aware of tightness in shoulders
 - Tell yourself to soften your elbows
- Awareness in expansion and contraction of ribs while breathing
- Alternate through tasks/activities
 - Study one topic, then do a chore
 - Study another topic, then check in with a friend

(Butler, 1997)

- Rest breaks are needed!
 - Walk or stretch at least every hour
- Take a class at the fitness center

If you think to yourself...
“Should I really get up
and move for a bit every
hour?”



Labrato, T. (2021, November 1). *Take a Break: How Rest Leads to Productivity*
— Strike Magazine. Strike Magazine; Strike Magazine.
<https://www.strikemagazines.com/blog/2021/11/1/take-a-break-how-rest-leads-to-productivity>

“Standing up and focusing on good posture for a few minutes can relieve muscle strain and improve breathing and circulation, which also helps improve attention and engagement,” says Deborah J. Rhodes, M.D., physician and cancer researcher at Mayo Clinic.

(“Expert Alert: What Is a Healthy Posture and How to Maintain It - Mayo Clinic News Network,” 2015)

Rest & Sleep



The Sleep Foundation reports:

- Set your sleep schedule & follow a routine
 - Engage in dressing for bed, dimming lights, unplugging from phone/laptop at consistent times every night
- Healthy Daily Habits
 - Get exposure to the sun
 - Put movement in your day
 - Reduce caffeine consumption in afternoon & evening
- Create calm atmosphere in bedroom
 - Sheets, scents, temperature, noise

(“What Is Sleep Hygiene? | Sleep Foundation”)

Mindful Mini Break “MMbreaks”

1. Instagram Live Sessions
2. TCNJ Recreation & Wellness
> Wellness > Wellness Programs
(<https://recreation.tcnj.edu/>)
3. Links also on Athleto App

Keep yourself accountable!

- Commit to completing the daily 10-minute live sessions on instagram
- Complete activities with a friend
- Active movement & slow, methodical movement
- December 13 - 17, 20-21
- Join at 1:00pm or watch video on IGTV
- You can return to IGTV section to rewatch and engage in MMbreaks at any time
 - Links to usable/printable items will be under Recreation & Wellness page
 - “Wellness” tab

What should I expect for the **MMbreaks**?



Anderson, C. (2015a). *Labyrinths — Creative Pilgrimage*. Creative Pilgrimage.
<https://www.creativepilgrimage.com/labyrinths>

1. Seated & standing stretching
2. Active movement
3. Mindfulness & Deep breathing activity
4. Mindful centering labyrinth activity
5. Meditative & mindful drawing
6. Make a healthy snack
7. Mindful movement

References

1. Butler, S. J. (1997). Common-sense ergonomics (or, what you don't do can hurt you!). (cover story). *Computers in Libraries*, 17(8), 35.
2. *Expert alert: What is a healthy posture and how to maintain it - Mayo Clinic News Network*. (2015, August 19). Mayo Clinic News Network; Mayo Clinic. <https://newsnetwork.mayoclinic.org/discussion/expert-alert-how-to-maintain-a-healthy-posture/#:~:text=Practice%20a%20healthy%20posture,your%20hands%20in%20that%20space>.
3. *Office ergonomics: Your how-to guide - Mayo Clinic*. (2021, April 23). Mayo Clinic; Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>
4. "What Is Sleep Hygiene? | Sleep Foundation." *Sleep Foundation*, Sleep Foundation, 17 Apr. 2009, <https://www.sleepfoundation.org/sleep-hygiene>.