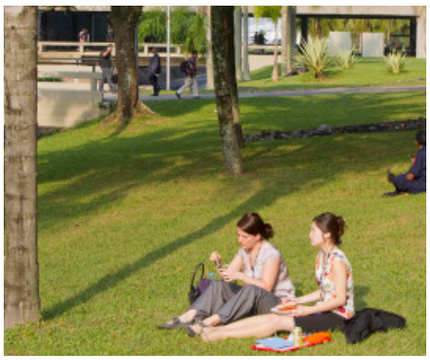
HOW TO REST, RELAX, AND REJUVENATE DURING WINTER BREAK



WHILE YOU'RE STILL WORKING ON YOUR THESIS/DISSERTATION AND/OR RESEARCH PROJECT, TRY TO:

- **Get lots of sleep. Try to make sure that while on break you allot the time needed to get appropriate sleep so you can start back to school in January well rested.**
- **Reconnect with friends and family. Spending time with friends and family is a great way to relax and forget about the stress of school for a while.**
- **Catch up on life. (Catch up on favorite TV shows, read favorite books, or the book you put aside to begin school in August.)**
- **Exercise. Spending time exercising while on break can help you combat becoming sick or feeling depressed.**

This & That For Graduate Success

Graduate Student Success Specialist

Devember 2015
Volume 5, Issue 3
Ivy Buerkle
Sherrod Library, 462
423-439-7062
gradsuccess@etsu.edu