

Study Habits

If you want to study, but you suffer from tiredness, depression, lack of motivation, anxiety, or have difficulty focusing, do not worry. Just follow these steps until you find the ones that work.

1. Drink hot water. Either tea or coffee. Try chamomile with lime and honey. Or brew coffee with two sticks of cinnamon and some sugar. The hot water actually helps you slow down and focus.

2. Breathe. Before studying just sit up straight and take 7 deep breathes, all the way in and all the way out.

3. Sit up. I swear posture helps you stay awake. Many people think posture is about popping out your chest. Forget about that. Instead, try to create space between each one of your vertebrae. The best way to do this is to put both hands on the seat of your chair. Then push yourself up, but do not let your butt come off the chair. Keep it there. Push down with your hands and lift for three seconds. That puts space between your vertebrae. Then rotate your shoulders back comfortably and keep that position. If you want some extra support for that good posture, tighten your obliques, not your front abs.

4. Hit the tunes. Check out my playlists for good studying. I listen to intense music with no words, because words distract my conscious mind. The goal is to make your unconscious mind feel like a superheroine on an intense mission. You indeed are on a very serious mission: to climb the mountain of scholarship.

5. Study outside. Our mind is better focused and our body is more awake when we are in natural light and natural surroundings. If you have to study inside, then make your inside feel more like outside. Buy potted plants and put them in your study space. Consider switching out "white" lightbulbs for "natural" or "yellow" light bulbs, and lower the wattage.

6. Keep moving. For those of you that have nervous energy of ADHD type symptoms, bounce your leg. Keep your right toe firmly planted, and then bounce your leg up and down. Or place your right hand on your knee and drum a simple rhythm. The rhythm must remain constant (a circular pattern that repeats endlessly) and one that is simple enough to do without thinking about it.

7. Break smarter. When you need a break, DO NOT CHECK SOCIAL MEDIA. This is the worst for you because it does not allow your mind to relax, reflect, and recharge. Instead, limit yourself to three options: walking, showering, or washing dishes. Walking is an incredible way to reflect. Hot water is the other key way, which explains the dish-washing idea. It helps your brain switch from alpha to beta waves, which will give you a surge of clarity and deep ideas.