

How to: Online school it during Corona

-Ingredients:

Being registered in school

A sweater or clothing that is comfortable

Music that you do not know

A room or quiet environment

Steps:

Step 1: **Wake up and stretch.**

Stretching will allow your body to reduce stiffness and increase your range of motion.

It will also improve posture and help reduce or manage stress.

Step 2: **Repeat to yourself a positive affirmation**, for example, " Today will be a good day", " I am worthy of success". By saying affirmations such as these it can motivate you to concentrate on your goals, as well as change your negative thought patterns into positive ones.

Step 3: **Eat or drink something.**

Foods and beverages such as coffee, blueberries, or food that such contains sugar can increase your alertness. The goal is to fuel your brain with high-fiber whole grains, dairy, and fruits. With that being said try not to overeat as well, seeing as the goal is to be full but not stuffed.

Step 4: **Make a breakdown or schedule** of what you want to accomplish today. Make it realistic and allow room for change within your day seeing as it is possible for changes to occur. During this process try to include thirty minute breaks to allow your brain rest.

Step 5: **Change out of your sleep wear** and change into comfortable new clothing. You may question this step, however, by doing so it can help to take your mind off of sleep mood and simply changes such as clothes can help to do that.

Step 6: **Enter the environment** in which you will be doing your work. Make sure this setting is not your bed. Long term, by doing so it can become more difficult to fall asleep since your

brain will think you're in a place of work rather than lounge. You want to be in an upright position and have enough arm room for mobility, being confined will enable you from being as productive.

Step 7: **Put on unknown music** just to kill the silence. This is optional seeing as some people do work better in silence. The reason I specify unknown music is because you are less likely to become distracted by the singing of lyrics if you didn't know the song rather than if you did.

Step 8: **Take those mini breaks**. Get up, walk around and try to relax your brain. Overworking it will cause you to burnout faster and we want to accomplish the most out of today.

Step 9: **Overview what you've completed** for the day and take this time to see what you still haven't completed. This will give you an idea of what tomorrow will have in store. This also gives you a moment to acknowledge and congratulate yourself on the work you have completed. I am proud of you!

Disclaimer: Although I don't religiously follow this recipe I do support it!!