

## Ways to Improve Academic Functioning in a Pandemic

- Realize you are living through an historical event (in addition to others) in the form of a pandemic. Show yourself some grace and flexibility to meet your needs.
- Blue-light blocking glasses or features on devices may help prevent or delay eye strain, headaches, and difficulty sleeping.
- Finish your work an hour before intended bed time. Allow yourself time away from a screen and to do something calming to decompress.
- Pay attention to your posture; hours at a computer can impact posture which can impact levels of pain or discomfort, digestion, sleep, and focus.
- Set a schedule. Allow time for breaks and mindful engagement in enjoyable activities.
- Communicate with your instructors if you are struggling or dealing with personal issues that may impact academic performance.
- A healthy diet, sleep schedule, physical movement, outlets for stress, and designated work area can make an incredible difference.
- Dedicate and/or organize a space that is conducive to focusing on your work, if possible. Remove distractions and set firm boundaries with yourself to get your tasks done. Reward your efforts.



