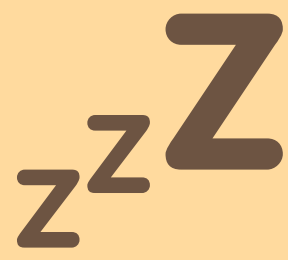




5 WAYS TO MAXIMIZE THANKSGIVING BREAK

Sleep



Sleep impacts your stress, energy, and overall health and wellbeing. Aim to get the recommended **7 or more hours of sleep per night**.

Find tips for better sleep, sleep kits, and more [here](#).

Spend time with loved ones



School breaks don't come that often, so take advantage of seeing people you don't normally see!

Read about the **science of social connectedness**, **how to mindfully listen**, and more [here](#).

Go for a walk



Did you know some immediate benefits of physical activity include **reduced feelings of anxiety, better sleep, and lowered blood pressure**?

Read the benefits of physical activity from CDC [here](#).

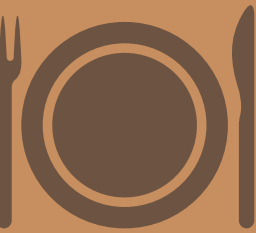
Make gratitude a routine



Pick a daily routine that brings you joy – maybe your morning coffee or walk to school. **When doing that activity, think about 1 thing you are grateful for.**

Start a gratitude practice with Headspace [here](#).

Slow down and savor



Now is the time to eat amazing food and take a break from the instant noodles and take out! If you are able to bring back food safely, claim those leftovers and freeze them to save you time and money. If you are not going home, use this as an opportunity to try new recipes and get creative in the kitchen.

Try some healthy recipes that don't just taste good but is also good for you from [Sargent Choice Nutrition Center](#)

"How much sleep do I need?," can be found under https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html, 2022.
"Physical activity basics," can be found under <https://www.cdc.gov/physicalactivity/basics/index.htm>, 2022



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